

# EVERYDAY

# dish

\$15.00

NEW ZEALAND MADE

120+  
recipes

**KITCHEN  
KNOW HOW**  
tips, techniques  
and a guide to  
pantry essentials

HOISIN-GLAZED  
FISH WITH SHIITAKE  
MUSHROOMS AND  
EGG NOODLES  
page 99

\*  
simple dinner solutions  
for any night of the week

GOOD ENOUGH TO EAT





**MARISCO**  
VINEYARDS  
MARLBOROUGH • NEW ZEALAND



“When I went in search of my family’s ancestry several years ago, I never expected to uncover a story of pirates and medieval intrigue. But there they were: the de Marisco family lived on Lundy Island in the Bristol Channel in the 12th and 13th centuries, plying their trade as boat builders with a dash of piracy thrown in. They fell in and out of favour with the English monarchy over this time, and it is the stories behind this family history that inspired my Kings Series range of wines – each with its own distinct character and personality. I hope you enjoy discovering each wine as much as I enjoyed creating them.”

*Brent Marri*

Marisco Vineyards  
New Zealand Wine Producer of the Year –  
China Wine Awards 2013



## *The King's Bastard Chardonnay*


This wine was inspired by William de Marisco – an ancestor of Marisco winemaker Brent Marris – and rumoured to be the illegitimate child of Henry I.

Enjoying the best of food and wine together – and in the company of family and friends – is one of life's great pleasures. Serve a round of ripe cheese and a bowl of Candied Mixed Nuts with Smoked Paprika and Rosemary: a perfect match to The King's Bastard Chardonnay.



Candied Mixed Nuts with  
Smoked Paprika and Rosemary.  
Visit [www.thekingsseries.co.nz](http://www.thekingsseries.co.nz)  
for the recipe.

[www.thekingsseries.co.nz](http://www.thekingsseries.co.nz)

Become part of our story – join us on Facebook  Marisco Vineyards

# For Shannon Bennett, a Miele Steam Oven is not an option...



**20**  
YEARS

German engineered and tested to the equivalent of 20 years' usage.

Terms and Conditions apply. Visit [www.miele20years.co.nz](http://www.miele20years.co.nz)

**Miele Center Auckland** 8 College Hill, Freemans Bay, Auckland 1011.  
For your nearest authorised retailer contact **0800 464 353** or visit [www.miele.co.nz](http://www.miele.co.nz)

# ...it's a necessity.

Shannon Bennett of internationally acclaimed Vue de monde restaurant goes to great pains to source real food from farmers he trusts. So the last thing he wants is to see the cooking process destroy a food's natural flavour, texture and goodness. Which is why you'll find a Miele Steam Oven in all his kitchens. But just as Shannon is no ordinary chef, a Miele Steam Oven is no ordinary steamer. Whipping up three amazingly innovative dishes simultaneously (think Steamed Asian Chicken and fabulous desserts) with no transfer of flavours, is just one of its party tricks.

Available in a range of models, including built-in and benchtop. You can find out more or book into a steam cooking demonstration at [www.miele.co.nz/steamcooking](http://www.miele.co.nz/steamcooking)



Featuring the latest Miele Steam Combination Oven (DGC 6800 XL).

**Miele**  
IMMER BESSER

PAYNTER'S  
HAWKE'S BAY  
CIDER


Authentic  
craft  
cider.



[www.paynterscider.co.nz](http://www.paynterscider.co.nz)

E [paul@paynterscider.co.nz](mailto:paul@paynterscider.co.nz)

M 021 242 8264

 Find us on Facebook at Paynter's Cider

# CONTENTS

*Everyday Dish, 2015*

## Guides

What's in season	11
Pantry essentials	12
The cold facts: A guide to storing leftovers safely	15

## Recipes

Soups	16
Sides	32
Mains	44
Poultry	45
Pork	61
Lamb	72
Beef	82
Seafood	98
Vegetarian	114
Desserts	124

Basic recipes	134
Glossary	138
Kitchen notes	141
Recipe index	143



## Editor

Lisa Morton

## Food Editor

Claire Aldous

## Deputy Editor

Alice Galletly

## Online Editor

India Essuah

## Editorial Assistant

Monique Macfarlane

## Art Director

Fiona Kerr

## Props Stylist

Lianne Whorwood

## Sub Editor

Victoria Wells

## Retoucher

Daryl Simonson

## Business Development Manager

Karrin MacLeod

## ADVERTISING AND PROMOTIONS

### Business Development Manager

Karrin MacLeod

Phone +649 361 2847

Email karrin@tangiblemedia.co.nz

## EDITORIAL INQUIRIES

Editorial office 19 Lyon Avenue,

St Lukes, Auckland

Postal address Freepost 194041,

PO Box 77027, Mount Albert,

Auckland 1350, New Zealand

Telephone +64 9 360 5700

Facsimile +64 9 360 5702

Email info@dish.co.nz

## Printing Image Print

New Zealand Distribution Netlink

Australian Distribution Network

Services

## DISH ONLINE

www.dish.co.nz

www.facebook.com/dishmagazine

**tangible**

## Publisher

John Baker

## Associate Publisher

Lisa Morton

## Subscription Manager

Monique Bulman

## Distribution & Customer

Service Coordinator

Esther Berg

## Pre-press

Kevin Courtney

## SUBSCRIPTIONS

Freephone 0800 782 347 (within NZ)

International 0064 9 966 0999

Online www.dish.co.nz/subs or

Email support@tangiblemedia.co.nz

## PRINT SUBSCRIPTIONS

NZ One year (six issues) \$38.60

Australia One year (six issues) NZ\$55

Rest of World One year (six issues)

NZ\$160

## PRINT AND DIGITAL SUBSCRIPTIONS

Unlimited recipe access via Dish

website www.dish.co.nz, 6 print issues,

6 digital issues via app

NZ One year (auto renew) \$59.90

Australia One year (auto renew)

NZ\$79.90

Rest of World One year (auto renew)

NZ\$184.90

The contents of *Everyday Dish* are copyright and may not be reproduced in any form without the written permission of the publisher. Opinions expressed in *Everyday Dish* are not necessarily those of the publisher. No responsibility is accepted for the authors' suggestions or conclusions or for any errors or omissions.

Copyright 2015 Tangible Media Ltd

ISSN 2253-1513 (Print)

ISSN 2253-1521 (Online)

## PHOTOGRAPHY

Bryce Carleton: pages 12, 16, 32, 44, 124, 134, 136

Aaron McLean: pages 13, 17, 18, 20, 21, 24, 26, 27, 28, 30, 34, 41, 42, 45, 48, 49, 53, 54, 58, 59, 60, 64, 65, 70, 74, 75, 78, 79, 85, 86, 88, 89, 90, 92, 93, 101, 102, 105, 106, 108, 110, 111, 112, 114, 116, 122, 123, 129, 130

Sarah Tuck: page 5

Manja Wachsmuth: Cover, pages 7, 22, 33, 36, 37, 38, 40, 41, 42, 46, 50, 52, 53, 56, 59, 61, 62, 67, 68, 72, 75, 76, 79, 80, 82, 84, 89, 95, 96, 97, 98, 100, 104, 108, 117, 119, 120, 123, 125, 126, 128, 130, 132, 133

Food and food styling by Claire Aldous. Styling by Lisa Morton, Lianne Whorwood and Fiona Kerr.

Cover recipe: Hoisin-Glazed Fish with Shiitake Mushrooms and Egg Noodles (page 99). Photography by Manja Wachsmuth.

## FOLLOW DISH ONLINE

*Dishing up the latest news, reviews and recipes*



www.dish.co.nz

www.facebook.com/dishmagazine

www.twitter.com/dishmagnz

www.instagram.com/dishmagnz



## FROM LEFT

## TO RIGHT:

Kelly Gibney's Cauliflower Fried 'Rice' with a Crispy Fried Egg; Sarah Tuck's Salted Peanut Caramel Chocolate Popcorn Tart. Find these and more delicious recipes at [www.dish.co.nz](http://www.dish.co.nz)

## From the *Dish* team...

**W**hat should I cook for dinner? This is a question we ask ourselves most weekdays, often on the way home from work, or after picking the kids up from school. On nights like this we all want the same thing: meals that are quick to make, simple to prepare and delicious to eat.

To help you answer this question, we've created *Everyday Dish* issue 2, a follow-up to our hugely popular first edition. Once again we've collected some of our favourite weeknight meals from over the years, all by Food Editor Claire Aldous. In the following pages you will find over 120 recipes for fuss-free but fabulous dinner solutions, including soups, mains, sides and desserts.

We've also included some handy tips on setting up a pantry from scratch, keeping and storing leftovers, as well as a section of useful basic recipes and practical information on cooking techniques to help keep cooking stress-free.

We hope these simple recipes will become family favourites, and that the next time you ask yourself, "What should I cook for dinner?", you'll find the answer right here in these pages.

*Happy cooking*





RACK OF LAMB WITH  
SALSA VERDE

## THE TASTE OF SUMMER


Make the most of the warm weather with laid-back outdoor dining. For the ultimate al fresco feast, pair the best of New Zealand's fresh, seasonal cuisine with stunning Marlborough wine from The Ned.



STRAWBERRY AND  
PISTACHIO TARTS

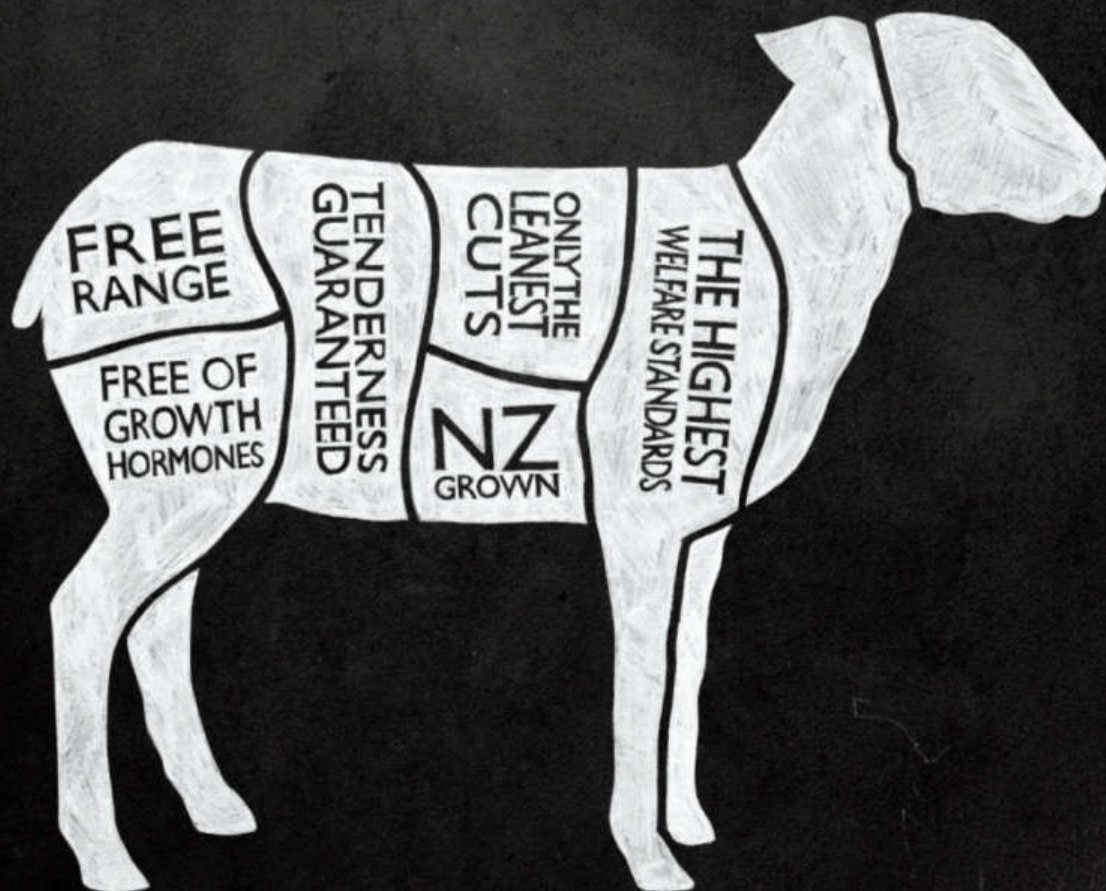
ASIAN GLAZED  
GRILLED SALMON

[www.marisco.co.nz](http://www.marisco.co.nz)

 Become part of our story - join us on Facebook



TOUGH STANDARDS.  
TENDER RESULTS.



RECIPES.CO.NZ

TO BE CONFIDENT YOU'RE BUYING THE VERY BEST NEW ZEALAND HAS TO OFFER, LOOK FOR THE NEW ZEALAND BEEF AND LAMB QUALITY MARK.

# What's in season

Use our handy veggie guide to find out what's available, when.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Artichokes (globe)	●	x	x	x	x	x	x	x	●	●	●	●
Artichokes (Jerusalem)	x	x	x	x	x	●	●	●	●	x	x	x
Asparagus	●	x	x	x	x	x	x	x	●	●	●	●
Beans	●	●	●	●	●	x	x	x	x	x	●	●
Beetroot	●	●	●	●	●	●	●	●	●	●	●	●
Broccoli	●	●	●	●	●	●	●	●	●	●	●	●
Broccolini	●	●	●	●	●	●	●	●	●	●	●	●
Brussels Sprouts	●	●	●	●	●	●	x	x	x	x	x	x
Buttercup Squash	●	●	●	●	●	●	x	x	x	x	x	●
Butternut	●	●	●	●	●	●	x	x	x	x	x	x
Cabbage	●	●	●	●	●	●	●	●	●	●	●	●
Capsicum	●	●	●	●	●	●	●	●	●	●	●	●
Carrots	●	●	●	●	●	●	●	●	●	●	●	●
Cauliflower	●	●	●	●	●	●	●	●	●	●	●	●
Celery	●	●	●	●	●	●	●	●	●	●	●	●
Chillies	●	●	●	●	●	●	●	●	●	●	●	●
Courgettes	●	●	●	●	●	●	●	●	●	●	●	●
Cucumber (short)	●	●	●	●	●	●	●	●	●	●	●	●
Cucumber (telegraph)	●	●	●	●	●	●	●	●	●	●	●	●
Eggplant	●	●	●	●	●	●	●	●	●	●	●	●
Fennel	x	x	x	●	●	●	●	●	x	x	x	x
Garlic	●	●	●	●	●	●	●	●	●	●	●	●
Ginger	●	●	●	●	●	●	●	●	●	●	●	●
Kale	●	●	●	●	●	●	●	●	●	●	●	●
Kumara	●	●	●	●	●	●	●	●	●	●	●	●
Leeks	●	●	●	●	●	●	●	●	●	●	●	●
Lettuce	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Okra	●	●	●	●	●	●	●	●	●	●	●	●
Onions	●	●	●	●	●	●	●	●	●	●	●	●
Parsnips	●	●	●	●	●	●	●	●	●	●	●	●
Peas	●	●	x	x	x	x	x	x	x	x	●	●
Potatoes	●	●	●	●	●	●	●	●	●	●	●	●
Potatoes (new season)	●	●	x	x	x	x	x	●	●	●	●	●
Pumpkin	●	●	●	●	●	●	●	●	●	●	●	●
Radishes	●	●	●	●	●	●	●	●	●	●	●	●
Rhubarb	●	●	●	●	●	●	●	●	●	●	●	●
Rocket	●	●	●	●	●	●	●	●	●	●	●	●
Silver Beet	●	●	●	●	●	●	●	●	●	●	●	●
Snow Peas	●	●	●	x	x	x	x	x	x	●	●	●
Spinach	●	●	●	●	●	●	●	●	●	●	●	●
Spring Onions	●	●	●	●	●	●	●	●	●	●	●	●
Swedes	●	●	●	●	●	●	●	●	●	●	●	●
Sweetcorn	●	●	●	●	x	x	x	x	x	x	x	●
Taro	●	●	●	●	●	●	●	●	●	●	●	●
Tomatoes	●	●	●	●	●	●	●	●	●	●	●	●
Turnips	x	●	●	●	●	●	●	●	x	x	x	x
Watercress	●	●	●	●	●	●	●	●	●	●	●	●
Witloof	●	●	●	●	●	●	●	●	●	●	●	●
Yams	x	x	x	x	●	●	●	●	●	●	x	x

KEY: ● = PLENTIFUL SUPPLY ● = LIMITED SUPPLY x = UNAVAILABLE



# Pantry essentials

Whether you're setting up a new kitchen from scratch or just in need of a spring clean, use our checklist to ensure your pantry is stocked with all the essentials. It may look like a lot, but with these staples in the cupboard you'll be able to whip up a huge array of meals with the addition of just a few fresh ingredients.

## **PANTRY**

### **PASTA, RICE & GRAINS**

Arborio rice  
Basmati rice  
Brown rice  
Couscous  
Dried pasta  
Dried egg noodles  
Polenta  
Rolled oats

### **BAKING**

All-purpose flour  
Whole wheat flour  
Cornflour  
Baking powder  
Baking soda  
Dried yeast  
White sugar  
Brown sugar  
Caster sugar  
Icing sugar  
Cocoa powder  
Vanilla extract  
Golden syrup  
Treacle  
Dried fruit (sultanas, raisins, dried apricots)

### **CANNED & DRIED**

Plain crackers  
Bread/panko crumbs  
Split red lentils  
Green lentils  
Chickpeas  
Cannellini beans  
Kidney beans

Tuna  
Coconut milk  
Tinned tomatoes  
Stock cubes

### **OILS, VINEGARS & SAUCES**

Tomato sauce  
Tabasco  
Maple syrup  
Honey  
Jam  
Peanut butter  
Soy sauce  
Worcestershire sauce  
Fish sauce  
Vegetable or other cooking oil  
Sesame oil  
Extra-virgin olive oil  
Red wine vinegar  
White wine vinegar  
Balsamic vinegar

### **HERBS & SPICES**

Cinnamon (whole and ground)  
Chilli powder  
Cumin (whole seeds and ground)  
Ground coriander  
Cayenne pepper  
Smoked paprika

Chinese five-spice  
Cloves  
Star anise  
Table salt  
Sea salt  
Black peppercorns  
Rosemary  
Bay leaves  
Thyme  
Oregano  
Tarragon

## **PERISHABLES**

Parmesan  
Tasty cheese  
Butter  
Milk  
Eggs  
Bacon or pancetta

Olives  
Capers  
Mustard (Dijon, wholegrain and hot English)  
Tomato paste  
Mayonnaise  
Lemons  
Onions  
Carrots  
Garlic  
Parsley

## **FREEZER**

Peas/Beans/Edamame  
Corn kernels  
Mixed berries  
Chicken stock  
Bread

## SECRET WEAPONS

They might not be strictly essential, but these versatile flavouring ingredients have the ability to transform your dishes into something extra special.

### PRESERVED LEMONS

A crucial ingredient in Moroccan and Middle Eastern cuisine, these salty, tangy pickled lemons add a welcome lift to all kinds of dishes. Simply scoop away the flesh, slice the rind finely and add to grain salads, simple pasta dishes, tagines, stews, and dips.

### HARISSA

This fiery hot paste from North Africa is made from chilli, garlic, cumin, coriander and caraway, and adds a welcome boost to vegetables, grains, and meat dishes. Stir into stews, smear over fish or swirl through yoghurt for a spicy marinade.

### ANCHOVIES

Anchovies add salty punch and depth of flavour to a variety of dishes. You can buy filleted versions in oil or whole, salt-packed versions that you will need to rinse under cold water and de-bone. Use them as a seasoning in salads, sauces, with lamb and on pizza.

### KECAP MANIS

This sweet, molasses-like Indonesian sauce made from soybeans, palm sugar and wheat can be used in all kinds of Asian-inspired dishes. Mix it into noodles and stir-fries, brush it onto meat before barbecuing and add it to marinades.

### POMEGRANATE MOLASSES

An essential ingredient in Middle Eastern cooking, this

intensely-flavoured molasses is a reduction of pomegranate juice. It is more tangy than sweet, and adds a complex acidity which works beautifully with salad dressings, drizzled over roasted vegetables – anywhere you would normally use balsamic vinegar.

### WHITE MISO PASTE

Salty, mildly sweet and packed with savoury umami flavour, this fermented soybean paste is extremely versatile. Keep a sealed container in the fridge and serve it mixed with butter over beans, as part of a glaze for fish, meat or vegetables, as a rub on roast chicken or stirred into salad dressing.

### SHERRY VINEGAR

Although less commonly available than other vinegars, some argue that if you have only one vinegar on your shelf, it should be sherry. Rich and nutty with a slight sweetness, use it in vinaigrettes, to deglaze a pan, or to add flavour and complexity to soups, stews and sauces.

### SRIRACHA

Probably the trendiest condiment ever to hit our shelves, and for good reason. This spicy, tangy South East Asian sauce pairs well with so many things – try it on eggs, stirred into Asian noodle soups or mixed with mayonnaise to serve with fried chicken.

### SUMAC

This deep red spice is commonly used in Middle Eastern cooking, and has a tart, lemony flavour, which works particularly well with fish. It's also great sprinkled over roasted vegetables, grilled meat, pizza or Middle Eastern dips prior to serving.



## A PERFECT PAIRING


A great meal, vibrant wine and conversation to match is one of life's greatest pleasures.

For an evening to remember, pair The Ned's crisp and aromatic award-winning Sauvignon Blanc with this deliciously simple, creamy Sautéed Prawn and Pea Risotto.



SAUTÉED PRAWN AND PEA RISOTTO  
Visit [www.marisco.co.nz](http://www.marisco.co.nz) for the recipe

[www.marisco.co.nz](http://www.marisco.co.nz)

Become part of our story – join us on Facebook 

# The cold facts:

## *a guide to storing leftovers safely*

When it comes to storing and using leftovers, most of us make mistakes from time to time. Mysterious unmarked containers are forgotten at the back of the freezer; leftovers go off in the fridge because we accept last-minute dinner invitations. Even when we're doing everything right, it can be hard to know exactly when food should be tossed and when it can be saved. We've put some tips together to help you follow best practice when storing leftovers, and to avoid ever having to throw out good food.

### **KEEP LEFTOVERS HOT OR COLD**

To keep leftovers safe from harmful bacteria, there's a simple rule to follow: either keep them piping hot, or chill them quickly.

While many of us have been taught not to put hot food in a cold fridge, modern fridges are equipped to handle hot foods in small amounts. Leftovers should be covered and placed in the fridge or freezer as soon as they have stopped steaming, as bacteria will start to grow rapidly if food is left standing at room temperature.

Perishables such as meat, poultry, pasta, rice and casseroles should be discarded if they are left out of the fridge or freezer for more than two hours.

### **STORAGE CONTAINERS**

Hot food should never go into the fridge in deep containers, as the food needs to cool quickly enough to remain safe. Shallow (no

more than 5cm deep) airtight containers made of metal, glass or plastic are ideal for storing leftovers.

Look for square or rectangular containers for efficient use of space, and consider smaller containers that will store single serve portions.

### **FRIDGE AND FREEZER STRATEGIES**

Your fridge temperature should be between 2°C and 4°C, while the freezer should be at or below -18°C. Rather than rely on temperature controls, you should check these temperatures periodically using an appliance thermometer (available from hardware stores). In addition to keeping your fridge at the right temperature, you should be careful not to overpack it, because cool air needs to circulate freely around the food.

Wipe spills up immediately to reduce the growth of listeria (which grows at fridge temperature) and to reduce the risk of bacteria spreading from one food to another. Finally, check expiration dates on foods regularly and if they are past their "use by" dates, discard them.

### **STORAGE TIMES**

As a general rule, leftovers can be stored for three to four days in the fridge, while uncooked meats, poultry and seafood will last one or two days. If you won't be eating leftovers within three to four days, it's best to freeze them and then eat them within three months.

It's still safe to eat leftovers after this period (freezing halts the growth of bacteria), but their flavours, textures and nutritional value will start to decline.

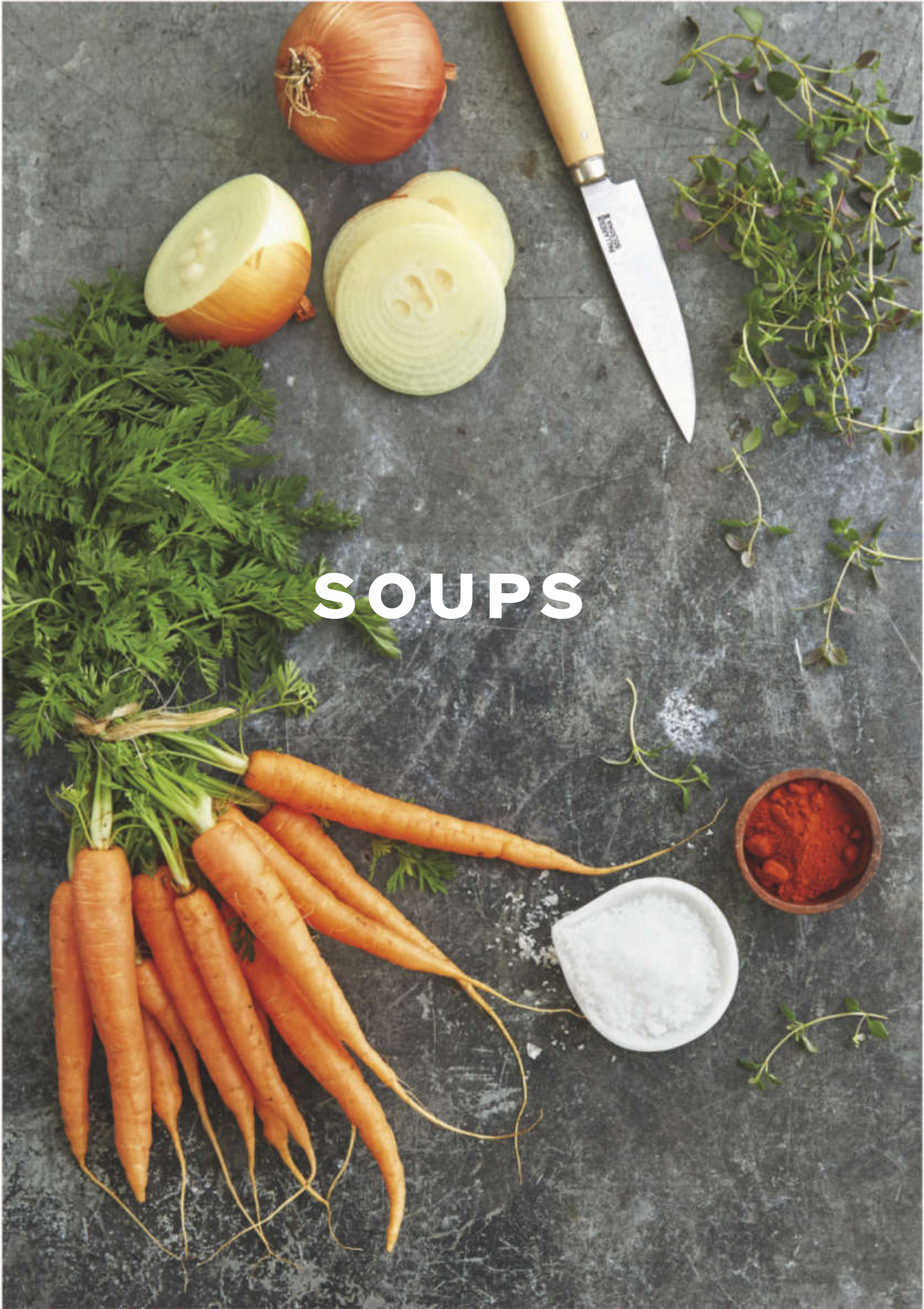
**TIP:** When putting food in the freezer, write the date and the name of the dish on the container – it's surprisingly easy to forget what's in a container and how long it's been in there.

### **REHEATING**

When reheating liquids such as sauces, curries, soups and gravies, always bring them to a boil. When reheating leftovers in the oven or microwave, cover them to retain moisture and ensure food is heated all the way through. You can't tell just by looking at or smelling a food whether harmful bacteria has started to grow, so to be sure it is safe to eat, the food should be heated to 70°C or higher. The best way to check this is with a food thermometer.

**TIP:** It's okay to leave steak, other whole cuts of beef or lamb a little bit rare when you reheat them, as long as they were initially seared at a high temperature to kill bacteria on the surface of the meat.







HARIRA

[recipe next page]



CHICKEN, SPINACH AND LEEK  
SOUP WITH SHAVED PARMESAN

## Chicken, Spinach and Leek Soup with Shaved Parmesan

*Chicken and tarragon is a great match and this is a very quick, light and flavoursome soup.*

2 tablespoons olive oil	600 grams boneless and skinless chicken thighs, sliced 1½cm
1 onion, thinly sliced	
1 large leek, thinly sliced	6 cups chicken stock
2 medium carrots, peeled and diced	2 large handfuls spinach
2 cloves garlic, crushed	sea salt and freshly ground pepper
2 teaspoons dried tarragon	<b>To serve</b>
2 bay leaves	shaved Parmesan
	zest of 1 lemon
	olive oil

Heat the olive oil in a large saucepan and add the onion, leek and carrots with a good pinch of salt. Cover and cook until tender. Add the garlic, tarragon, bay leaves and chicken and cook for 3 minutes. Add the stock, season and simmer for about 8 minutes or until the chicken is cooked through. Add the spinach and stir to wilt.

**To serve:** Ladle the soup into warm bowls. Top with shaved Parmesan, lemon zest, a drizzle of olive oil and a grind of pepper. **Serves 4–6**

## Harira (v)

*This Moroccan soup is rich and aromatic, thanks to its medley of spices. You could also use 1 tablespoon of a purchased Ras al Hanout spice mixture in place of the individual spices listed.*

2 tablespoons olive oil	2 × 400 gram tins chopped tomatoes
1 onion, sliced	
1 carrot, diced	2 cups vegetable stock or water
3 cloves garlic, crushed	1 × 400 gram tin chickpeas, drained and rinsed
pinch chilli flakes	
1½ teaspoons each ground cinnamon, cumin and turmeric	1 × 400 gram tin brown lentils, drained and rinsed
½ teaspoon ground cardamom	¼ cup chopped coriander
2 tablespoons grated fresh ginger	sea salt and ground pepper
2 tablespoons tomato paste	<b>To serve</b>
	thick plain yoghurt
	sliced spring onions, coriander and olive oil

Heat the oil in a large saucepan and add the onion, carrot, garlic and chilli flakes. Add a good pinch of salt, cover and cook until tender, stirring occasionally. Add all the spices, fresh ginger and the tomato paste and cook for 1 minute, adding a splash of water if the pan is dry. Stir in the tomatoes and stock or water and the chickpeas and simmer for 20 minutes. Add the lentils and coriander.

**To serve:** Divide between bowls and top with a dollop of yoghurt, spring onions, coriander and a drizzle of olive oil. **Serves 4–6**

*Ras al Hanout: see Glossary page 138*

## Spinach, Pea and Pesto Soup with Parmesan French Toast

*I've served this hearty soup packed with greens with a delicious side of crispy golden, savoury French toast.*

2 tablespoons olive oil	2 tablespoons basil pesto
1 large leek, sliced thinly	sea salt and ground pepper
2 cloves garlic, crushed	<b>To serve</b>
3 cups frozen peas	sour cream
5 cups stock, use vegetable or chicken	Parmesan French toast (recipe below)
120 grams baby spinach	

Heat the oil in a large sauté pan and add the leek and garlic. Season then cover and cook over a medium heat until very soft, stirring occasionally.

Add the peas and stock and bring to the boil. Cook for 5 minutes then add the spinach and stir until wilted. Remove from the heat.

Purée roughly with a stick blender or transfer half the soup to a food processor and blend until smooth, then tip back into the pot and stir to combine.

Stir in the pesto and season if needed.

**To serve:** Divide between bowls and top with a spoonful of sour cream and a grind of pepper. Accompany with the French toast if making. **Serves 4**

## Parmesan French Toast

8 × 2cm thick slices good quality bread	1 teaspoon Dijon mustard
1 cup milk	1 cup freshly grated Parmesan
2 eggs	sea salt and freshly ground pepper
1 teaspoon basil pesto	

Preheat the oven to 200°C.

Whisk the milk, eggs, pesto and mustard in a shallow dish and season well.

Add the bread in batches until well soaked but not falling apart. Lift out, letting the excess liquid drip back into the dish and place the bread on a lined baking tray.

Sprinkle over half the Parmesan then turn the slices over. Sprinkle with the remaining Parmesan and bake for 6 minutes. Gently turn them over and bake for another 6 minutes until puffed and golden. Serve hot with the soup.

**Makes 8 pieces**



GRILLED CHEESE, ONION  
AND ALE SOUP



## Grilled Cheese, Onion and Ale Soup

*A twist on a great classic, the apple adds sweetness and balances the slight bitterness that beer can sometimes impart. Use a good quality beef stock for a rich, dark soup packed with onions and topped with delicious melting cheese.*

6 large brown onions, peeled and sliced	1 tablespoon brown sugar
2 apples, peeled, cored and sliced	2 tablespoons plain flour
2 teaspoons finely chopped rosemary	1 cup light ale
2 tablespoons olive oil	4 cups beef stock
2 tablespoons butter	sea salt and freshly ground pepper
3 cloves garlic, crushed	<b>To assemble</b> slices sourdough bread, lightly toasted
2 teaspoons Dijon mustard	150 grams grated Gruyère cheese
1 teaspoon Worcestershire sauce	4 ovenproof soup bowls

Heat the oil and butter in a large saucepan and add the onions, apples and rosemary with a good pinch of salt. Cover and cook for 20 minutes, stirring occasionally and adding a splash of the ale if the onions start catching on the base of the pan. Uncover and cook for a further 15 minutes until a good golden colour.

Stir in the garlic, mustard, Worcestershire sauce and the sugar then sprinkle over the flour and cook for 1 minute. Gradually add the remaining ale then the stock and season. Simmer for 20 minutes.

Preheat the grill to its highest setting.

**To assemble:** Place the bowls on a baking tray and ladle in the hot soup. Top with the bread then scatter over the cheese. Place under the grill and cook until the cheese is bubbling and golden. **Serves 4**





PUMPKIN AND SMOKED PAPRIKA  
SOUP WITH PRAWNS, PRESERVED LEMON  
AND TOASTED ALMONDS

## Pumpkin and Smoked Paprika Soup with Prawns, Preserved Lemon and Toasted Almonds

3 tablespoons olive oil	<b>Topping</b>
2 teaspoons sweet smoked paprika	18–24 raw prawns, peeled with tail on
1 onion, chopped	3 tablespoons olive oil
1 large carrot, peeled and grated	½ teaspoon sweet smoked paprika
2 cloves garlic, crushed	1 clove garlic, crushed
1 tablespoon chopped thyme	2 tablespoons chopped flat-leaf parsley
750 grams pumpkin, peeled and roughly chopped	2 pieces preserved lemon
3 cups chicken or vegetable stock	¼ cup sliced almonds, toasted
sea salt and freshly ground pepper	

**Soup:** Heat the olive oil in a large saucepan and add the paprika, onion, carrot, garlic and thyme with a good pinch of salt and cook for 10 minutes. Stir occasionally until the vegetables are soft and lightly coloured. Add the pumpkin and stock, season and simmer until all the vegetables are tender. Cool until warm then process in batches until smooth.

**Topping:** Heat the oil and paprika in a sauté pan over medium heat, cook the prawns until golden and just cooked through. Add the garlic and parsley for the last minute of cooking. Season.

**To serve:** Remove the flesh from the preserved lemon and slice the skin thinly. If the soup is very thick, add extra hot stock to thin it down. Ladle into warm shallow soup bowls and top each serve with 3–4 prawns. Scatter over the lemon and almonds and spoon over the oil from cooking the prawns. **Serves 6**

## White Root Vegetable Soup with Walnuts and Goat's Cheese (v)

*This medley of root vegetables cooks to a rich and delicious sweetness that is topped with tangy goat's cheese and crunchy roasted walnuts.*

2 tablespoons olive oil	1 tablespoon thyme leaves
small knob of butter	¼ cup cream
1 onion	sea salt and freshly ground pepper
1 small celeriac, peeled	<b>To serve</b>
2 medium parsnips, peeled	½ cup walnuts, roasted and roughly chopped
200 grams potatoes, peeled	100 grams soft goat's cheese, crumbled
1 apple, peeled and cored	extra fresh thyme leaves, optional
2 cloves garlic, crushed	
3 cups vegetable stock	

Heat the oil and butter in a large saucepan. Thinly slice all the vegetables and the apple and add to the pan with a good pinch of salt. Cover and cook gently for about 30 minutes, stirring occasionally and adding a splash of water if necessary. *The vegetables need to be well cooked and meltingly tender at this stage for the soup to have a good flavour.*

Add the stock and thyme and simmer with the lid slightly ajar for 20 minutes.

Cool a little then blend until smooth using an immersion blender or a food processor. Tip back into the saucepan and reheat to serve. Stir in the cream just before serving.

**To serve:** Ladle the soup into bowls and top with the walnuts, goat's cheese, a grind of black pepper and a few thyme leaves. **Serves 4–6**

PORK AND PRAWN  
WONTON SOUP



## Pork and Prawn Wonton Soup

*A simple nourishing soup such as this requires a good quality chicken stock – see page 136 if you would like to make your own.*

Stock	
6 cups good quality chicken stock	1 tablespoon finely chopped coriander
1 cup Shaoxing Chinese cooking wine	1 spring onion, very finely chopped
2 tablespoons soy sauce	1 teaspoon grated fresh ginger
1 teaspoon sesame oil	1 clove garlic, crushed
2 star anise	1 teaspoon sesame oil
1 tablespoon julienned fresh ginger	2 teaspoons cornflour
1 teaspoon sea salt	24 wonton wrappers
Wontons	To finish
150 grams pork mince	1 bunch baby bok choy, leaves separated and rinsed
50 grams raw prawn meat, finely chopped	2 spring onions, thinly sliced
	1 long red chilli, seeded and finely sliced

**Stock:** Place all the ingredients in a large saucepan and bring to the boil. Simmer gently for 15 minutes to infuse the aromatics.

**Wontons:** Combine all the ingredients except the wrappers, in a bowl and season. Place 1 teaspoon of the mixture in the centre of each wrapper and brush the edges with water. Fold over to form a triangle and press the edges to seal, trimming the edges if necessary. Cook the wontons in batches in a large saucepan of boiling salted water for 3–4 minutes until the pork is cooked through. Remove with a slotted spoon and place in a single layer on a lightly oiled tray.

**To serve:** Add the bok choy to the hot broth and stir to wilt the leaves. Divide the wontons between soup bowls and ladle over the hot soup. Garnish with the spring onions and chilli. **Serves 4**

*Shaoxing Chinese cooking wine: see Glossary page 138*

## Fish Soup with Roasted Tomatoes, Paprika and Oregano

*The roasted tomatoes and capsicum also make a delicious topping for serving over hot cooked pasta.*

Tomatoes	Soup
1 kilogram very ripe tomatoes, halved or quartered if large	2 tablespoons olive oil
1 red capsicum, thinly sliced	knob of butter
1 red onion, thinly sliced	500 grams firm white fish fillets, cut into large bite-sized pieces, (I used monkfish)
1/3 cup olive oil	1 medium fennel bulb, thinly sliced, fronds reserved
2 cloves garlic, crushed	1 tablespoon tomato paste
2 teaspoons dried oregano	1 cup white wine
1 teaspoon caster sugar	2 cups chicken or vegetable stock
1 tablespoon smoked paprika	
sea salt and freshly ground pepper	

Preheat the oven to 180°C.

**Tomatoes:** Combine all the ingredients on a large lipped baking tray, season well and spread out in a single layer. Roast for 20–25 minutes, turning occasionally until the vegetables are very tender. Cool a little then pull off the tomato skins and discard.

**Soup:** Heat the oil and butter in a large, wide saucepan. Season the fish and cook both sides until just cooked through. Transfer to a plate. Add the fennel to the pan, season and cook for 2 minutes then add the tomato paste and wine and cook until the fennel is tender. Add the stock and the roasted tomato mixture, making sure you scrape in all the juices from the baking tray. Simmer for 5 minutes and season if needed.

**To serve:** Ladle the soup into warm bowls and top with the fish and reserved fennel fronds. Great served with grilled bread spread with aioli. **Serves 4**

FISH SOUP WITH ROASTED  
TOMATOES, PAPRIKA  
AND OREGANO  
*[recipe previous page]*





WINTER VEGETABLE SOUP  
WITH SIZZLED SAUSAGES  
*[recipe next page]*



CHICKPEA AND ROSEMARY  
SOUP WITH SIZZLED CHORIZO

## Chickpea and Rosemary Soup with Sizzled Chorizo

You can use either smoked or plain paprika in this soup. Smoked paprika will give a richer tasting soup that works well with the chorizo, but both are delicious.

2 tablespoons olive oil	2 × 400 gram tins cooked chickpeas, drained and rinsed, 1 cup set aside for the topping
1 onion, thinly sliced	
1 carrot, diced	
1 large potato, peeled and diced	5 cups chicken or vegetable stock
2 cloves garlic, crushed	1 tablespoon lemon juice
1 tablespoon finely chopped rosemary	sea salt and freshly ground pepper
½ teaspoon each ground turmeric and smoked paprika	<b>Topping</b>
¼ teaspoon ground cinnamon	3 tablespoons olive oil
	1 cured chorizo sausage, diced
	½ teaspoon ground smoked paprika
	2 tablespoons chopped flat-leaf parsley

Heat the olive oil in a large saucepan and add the onion, carrot, potato, garlic and rosemary and season generously. Cover and cook until the vegetables are tender, stirring occasionally and adding a splash of water if the potato starts to catch on the bottom of the saucepan.

Add the spices and chickpeas and cook for 1 minute. Add the stock, season and simmer for 10 minutes.

Let the soup cool a little then blend in a food processor until smooth. Do this in batches. Tip back into the saucepan and reheat before serving.

**Topping:** Heat the olive oil in a sauté pan and cook the chorizo, paprika and the reserved chickpeas until lightly golden. Add the parsley and sizzle for a few seconds.

**To serve:** Stir the lemon juice into the soup and ladle into warm bowls. Top with the chorizo and chickpeas and drizzle with some of the oil left in the pan. **Serves 4–6**

## Winter Vegetable Soup with Sizzled Sausages

Some nights all you crave is a big bowl of steaming hot soup and this one will hit the spot with your family. You can use cavolo nero, spinach or shredded cabbage instead of or as well as the silverbeet. For a vegetarian version use vegetable stock and omit the sausage topping.

Base	To serve
2 tablespoons olive oil	4 large stalks silverbeet, sliced thinly
1 onion	1 cup small raw pasta shapes, cooked (I used gnocchetti)
1 leek	4 sausages, skins removed (I used 2 spicy merguez and 2 pork)
1 stick celery	handful chopped flat-leaf parsley
1 carrot, peeled	Parmesan for shaving, optional
2 cloves garlic, crushed	sea salt and freshly ground pepper
1 teaspoon each ground cumin, coriander and smoked paprika	
2 bay leaves	
½ cup red lentils	
1 × 400 gram tin crushed tomatoes	
5 cups chicken or vegetable stock	

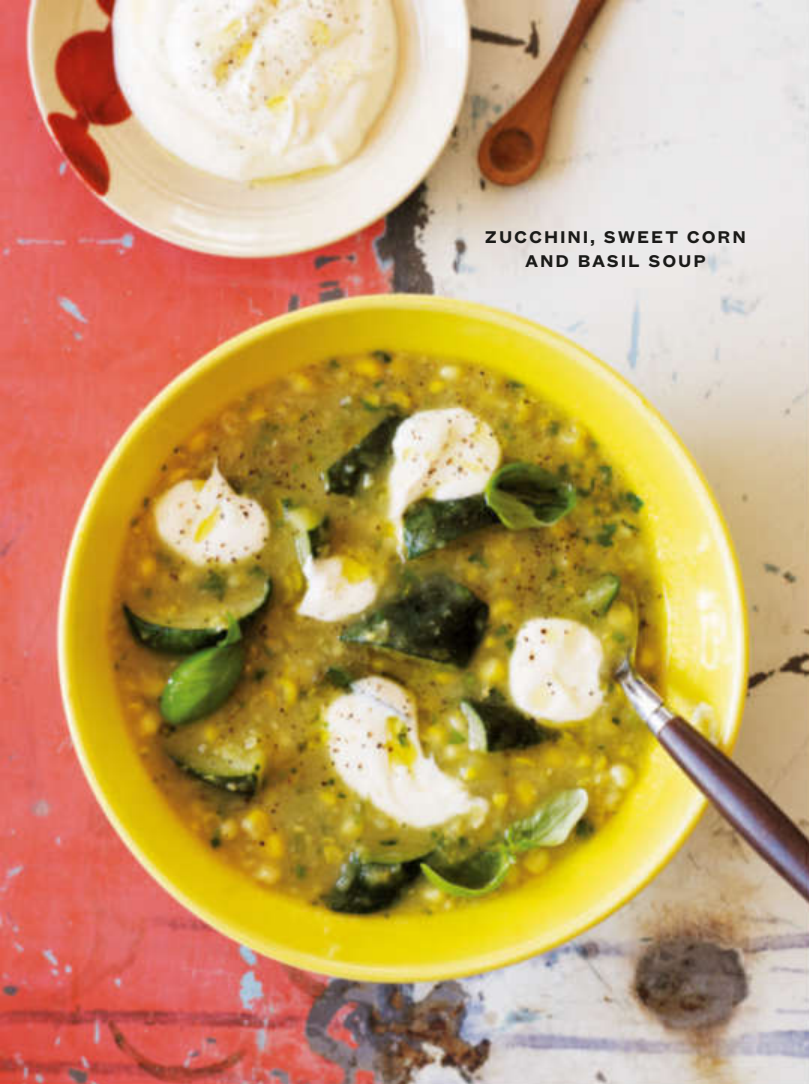
**Base:** Slice all the vegetables thinly. Heat the oil in a large saucepan and add the vegetables, garlic, spices and bay leaves. Season then cover and cook for 15 minutes, stirring occasionally, adding a splash of water if the pan is too dry.

Stir in the lentils, tomatoes and the stock and bring to the boil. Reduce the heat and simmer for 20 minutes.

**To serve:** Add the silverbeet and cooked pasta and cook for 5 minutes or until the silverbeet is tender.

Heat a sauté pan with a little oil. Add the sausages and cook over a high heat until cooked, golden and crispy, breaking them up into small pieces with a wooden spoon. Drain on paper towels.

Stir the parsley into the soup then ladle into bowls. Top with the sizzled sausages and a shaving of Parmesan if using. **Serves 4–6**



**ZUCCHINI, SWEET CORN  
AND BASIL SOUP**

## Zucchini, Sweet Corn and Basil Soup

*Zucchini are very easy to grow and produce an abundant crop, so if you have them in your garden you'll love adding this delicious recipe to your repertoire.*

3 tablespoons olive oil	2 teaspoons ground cumin
knob of butter	2 cloves garlic, crushed
2 onions, thinly sliced	5 cups chicken or vegetable stock
400 grams floury potatoes (eg Agria), peeled and diced	½ cup basil
500 grams firm zucchini, roughly chopped	<b>To serve</b>
400 grams fresh or frozen corn kernels	thick plain yoghurt
	extra basil leaves
	olive oil

Heat the olive oil and butter in a large saucepan and add the onions and potatoes with a good pinch of salt. Cover and cook for 10 minutes, stirring occasionally. Add the zucchini, corn, cumin and the garlic and cook for 2 minutes. Add the stock, season and bring to the boil. Reduce the heat and simmer for 10 minutes or until the potatoes and corn are tender. Set aside to cool a little. Transfer one third of the soup and all of the basil to a food processor and blend until smooth then tip back into the saucepan.

**To serve:** Reheat the soup and season if needed. Ladle into warm bowls and top with a spoonful of yoghurt, extra basil and a drizzle of olive oil. **Serves 4–6**



**SUMMER MINISTRONE WITH  
GARLIC PRAWNS**

## Summer Minestrone with Garlic Prawns

<b>Soup</b>	2 medium zucchini, diced
3 tablespoons olive oil	1 × 400 gram tin cooked cannellini beans, drained and rinsed
1 onion, finely chopped	<b>Prawns</b>
2 cloves garlic, crushed	20 large raw peeled prawns
1 tablespoon chopped thyme	3 tablespoons olive oil
1 small leek, thinly sliced	2 cloves garlic, crushed
1 fennel bulb, thinly sliced, feathery fronds reserved	sea salt and freshly ground pepper
200 grams round green beans, sliced on the diagonal	<b>To serve</b>
5 cups chicken or vegetable stock	4 tablespoons basil pesto
1 cup edamame beans or peas	Parmesan cheese for shaving

**Soup:** Heat the olive oil in a large saucepan and add the onion, garlic, thyme, leek and fennel. Season well, cover and cook gently until just tender. Add the green beans and cook for 2 minutes, followed by the stock. Season, bring to the boil and add the edamame beans or peas, zucchini and white beans. Simmer until all the vegetables are just tender but still with a little bite.

**Prawns:** Toss the prawns with the olive oil and garlic and season well. Heat a sauté pan and cook the prawns for 1–2 minutes each side until just cooked through.

**To serve:** Ladle the soup into wide shallow soup bowls. Top with 5 prawns, a spoonful of pesto, shavings of Parmesan cheese and the reserved fennel fronds. **Serves 4**

  
THE  
**Kings Series**  
MARLBOROUGH • NEW ZEALAND



*Brent Marico*

"When I went in search of my ancestry I never expected to uncover a story on medieval intrigue. But there they were: the de Marisco family lived on Lundy Island in the Bristol Channel in the 12th and 13th centuries. They fell in and out of favour with the English monarchy and it's this family history that inspired The Kings Series. I hope you enjoy discovering each wine – and the food matches we've made for them – as much as I enjoyed creating them."

## *The King's Wrath Pinot Noir*

The King was so displeased with William de Marico's treasonous behaviour he devised a terrible punishment – execution and quartering: a demonstration of the King's wrath.


Enjoying the best of food and wine together – and in the company of family and friends – is one of life's great pleasures. Bite-sized pieces of chorizo glazed in a red wine, honey and mustard sauce are the perfect morsels to pair with the dark, sultry notes of the King's Wrath.

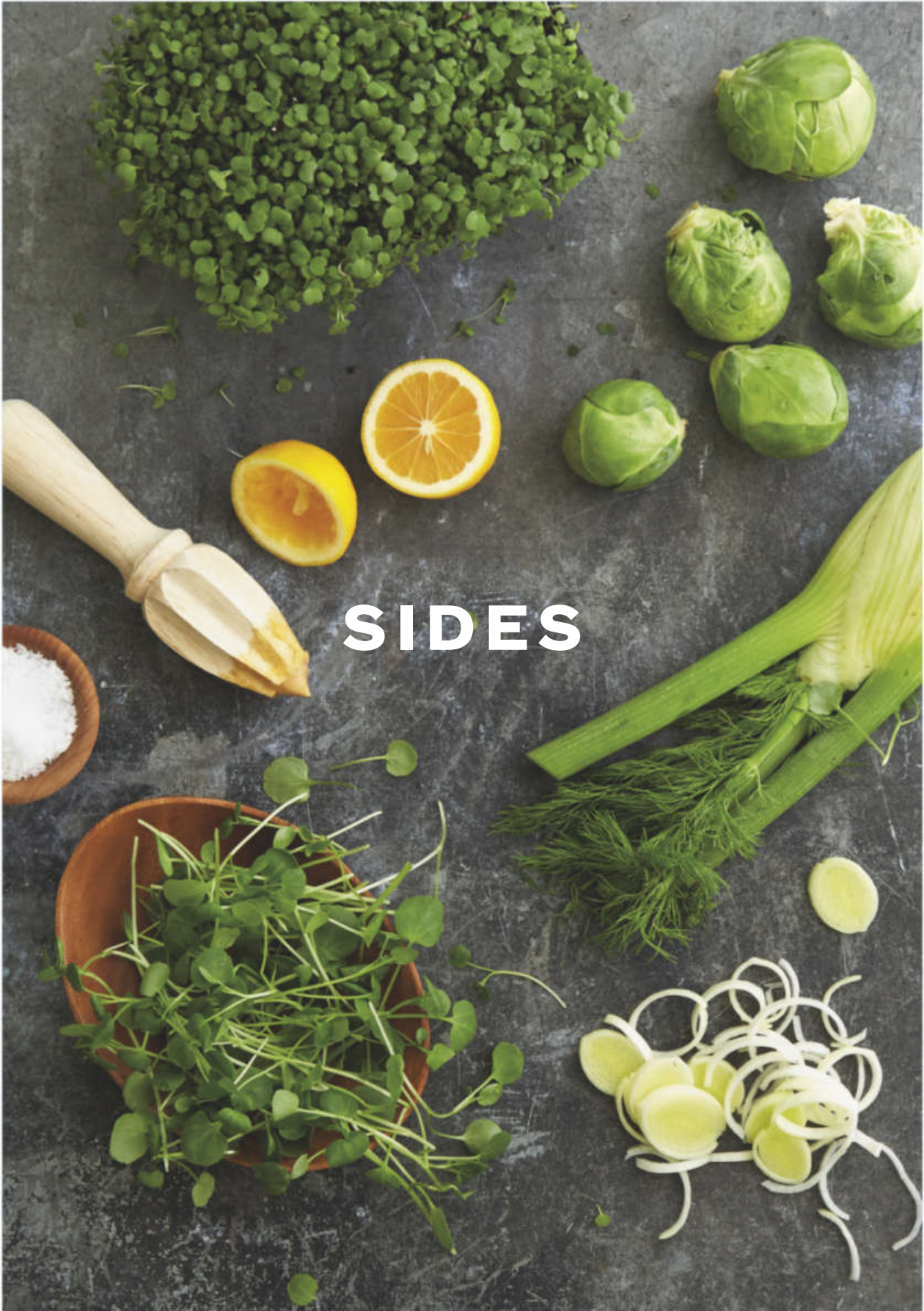
  
**MARISCO**  
VINEYARDS  
MARLBOROUGH • NEW ZEALAND



Red Wine and Mustard Glazed Chorizo.  
Visit [www.thekingsseries.co.nz](http://www.thekingsseries.co.nz)  
for the recipe.

[www.thekingsseries.co.nz](http://www.thekingsseries.co.nz)

Become part of our story – join us on Facebook  Marisco Vineyards





ASPARAGUS AND LEEK SALAD  
*[recipe next page]*

CAULIFLOWER, KALE AND MINT  
TABBOULEH WITH SAVOURY  
GRANOLA CLUSTERS



## Cauliflower, Kale and Mint Tabbouleh

A simple combination of raw cauliflower and kale, it's the dressing in this salad that really pulls it together, so even if you don't like currants give this a whirl as they add a lovely sweetness to the finished dish.

½ cauliflower	½ cup currants
6 kale leaves	2 cloves garlic, crushed
small handful each mint and basil, chopped	finely grated zest and juice 1 orange
<b>Dressing</b>	sea salt and freshly ground pepper
3 tablespoons olive oil	
1 large red onion, sliced thinly	

Grate the cauliflower on the largest side of a box grater and place in a large bowl. Discard the thick stem.

Pull the kale leaves off the tough stems then roll the leaves up tightly and slice very thinly. Add to the cauliflower.

**Dressing:** Heat the oil in a sauté pan and cook the onion with a good pinch of salt for 3–4 minutes. Add the currants and cook for 2 minutes. Remove from the heat and add the garlic, zest and orange juice. Pour over the cauliflower and toss to combine. Season well then set aside to cool. Stir in the herbs before serving. Transfer to a serving bowl and serve with the granola clusters (recipe below) if using. **Serves 4–6**

## Savoury Granola Clusters

1 cup rolled oats	1 tablespoon soy sauce
70 grams slivered almonds	1 teaspoon each ground cumin and dry English mustard
½ cup quinoa	1 teaspoon sea salt
⅓ cup each pumpkin and sunflower seeds	1 egg white, whisked till frothy
3 tablespoons vegetable oil	
2 tablespoons honey	

Preheat the oven to 150°C.

Combine the oats, almonds, quinoa and both seeds in a large bowl.

Stir the oil, honey, soy, spices and salt together, then stir through the seed mixture until it's all well coated. Add the egg white and stir through.

Tip onto a large lined baking tray and spread out to a single layer. Bake for about 20 minutes until golden and crisp, gently turning the mixture over halfway through cooking. *Try to keep it in largish pieces.* Cool on the tray then transfer to an airtight container. **Makes about 3 cups**

*Quinoa: see Glossary page 138*

## Asparagus and Leek Salad

Make the most of the brief asparagus season and serve a big platter of it topped with tender leeks and free-range eggs.

2–3 bunches asparagus, ends trimmed	<b>Dressing</b>
1 leek	3 tablespoons olive oil
2 eggs, hardboiled and chopped roughly	1 tablespoon lemon juice
2 tablespoons chopped flat-leaf parsley	½ teaspoon honey
	1 clove garlic, crushed
	½ teaspoon ground cumin
	sea salt and freshly ground pepper

Cook the asparagus in plenty of boiling well-salted water until crisp-tender. Lift out of the water and refresh in a large bowl of iced or very cold water. Place on a clean tea towel to dry.

Slice the leek on the diagonal into 1cm wide pieces. Add to the same boiling water and cook for a few minutes until tender. Drain, refresh and spread out to dry on a clean tea towel.

**Dressing:** Whisk all the ingredients in a bowl and season.

**To assemble:** Place the asparagus on a platter and top with the leeks then the chopped eggs. Spoon the dressing over everything and scatter with the parsley. **Serves 6–8, depending on the amount of asparagus used**

## Roasted Brussels Sprouts, Mustard Dressing and Almond Gremolata

800 grams Brussels sprouts	1 clove garlic, crushed
2 tablespoons olive oil	<b>Gremolata</b>
sea salt and freshly ground pepper	3 tablespoons whole skin-on almonds, roasted
<b>Dressing</b>	2 tablespoons chopped flat-leaf parsley
3 tablespoons olive oil	finely grated zest 1 lemon
2 teaspoons Dijon mustard	1 clove garlic, crushed
1 tablespoon lemon juice	

Preheat the oven to 180°C.

Trim the stems from the Brussels sprouts and pull off any scruffy-looking leaves. Cut sprouts in half and place on a roasting tray then toss with the oil, salt and pepper. Roast for about 15 minutes or until golden and just tender when pierced with a knife. *Cooking time will depend on the size of the sprouts.*

**Dressing:** Whisk all the ingredients in a bowl and season.

**Gremolata:** Roughly chop the almonds then add the parsley, lemon zest and garlic and chop everything together until well combined but still a little chunky.

**To serve:** Drizzle the hot sprouts with enough of the dressing to coat, place in a serving dish then scatter with the gremolata. **Serves 6–8**

*To roast nuts: see Kitchen Notes page 141*

ROASTED BRUSSELS  
SPROUTS, MUSTARD DRESSING  
AND ALMOND GREMOLATA  
*[recipe previous page]*



## Tomato, Fennel and Mozzarella Salad with Herb Dressing

*Juicy tomatoes, silky mozzarella and crisp fennel all topped with a fresh herby dressing – this salad sings of summer!*

800 grams assorted tomatoes	¼ cup basil leaves
2 large balls fresh mozzarella in whey, drained	zest 1 large lemon
1 medium fennel bulb	4 tablespoons olive oil
<b>Herb dressing</b>	2 tablespoons lemon juice
½ cup mint leaves	2 cloves garlic, crushed
	sea salt and freshly ground pepper

**Dressing:** Place both herbs and the lemon zest on a board and chop finely. Place in a bowl and stir in the remaining ingredients. Season.

**Salad:** Slice the tomatoes and arrange on a serving plate. Slice the mozzarella and place between kitchen towels to absorb excess moisture. Tuck the slices amongst the tomatoes.

Trim the stems off the fennel, reserving the fronds. Using a mandolin, slice the fennel very thinly. Scatter over the tomatoes then spoon the dressing over everything.

Drizzle with a little olive oil and a good grind of pepper then top with the reserved fennel fronds. **Serves 8**

## Glazed Carrots with White Bean and Feta Purée

*If baby carrots aren't available, use larger carrots cut into long thick batons – they'll still be delicious.*

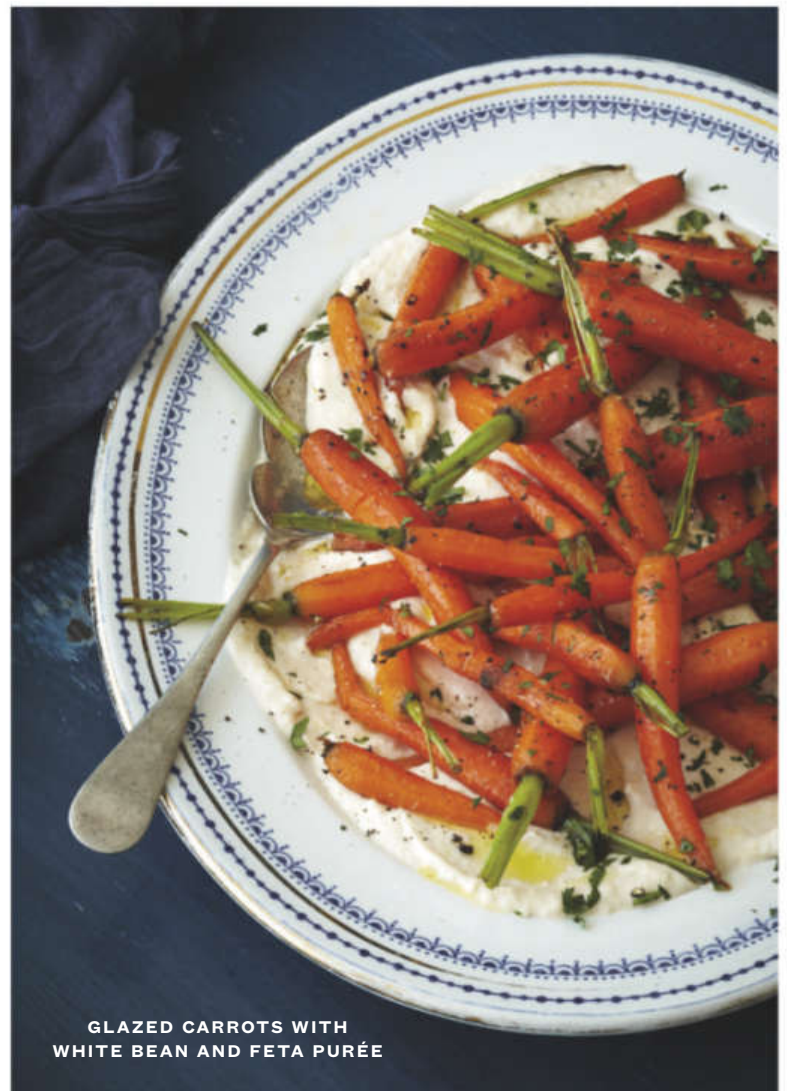
2 bunches baby carrots, tops trimmed	1 clove garlic, crushed
knob of butter	1 tablespoon olive oil
2 teaspoons honey	1 tablespoon lemon juice
chopped flat-leaf parsley	1 tablespoon plain yoghurt or sour cream
<b>Purée</b>	1 tablespoon water
1 x 400 gram tin cannellini beans, drained and rinsed	sea salt and freshly ground pepper
50 grams feta, crumbled	

Scrub or peel the carrots and cook in boiling salted water until only just tender. Refresh in cold water and drain well. Set aside.

**Purée:** Place all the ingredients in a food processor and process until smooth. Season well.

**To assemble:** Heat the butter in a large sauté pan and add the carrots. Drizzle with the honey and cook until glazed and golden in patches. Spread the bean purée on a large plate and top with the carrots. Scatter with the parsley, a grind of pepper and drizzle with a little olive oil. **Serves 6–8**

TOMATO, FENNEL AND MOZZARELLA SALAD WITH HERB DRESSING



GLAZED CARROTS WITH WHITE BEAN AND FETA PURÉE

KALE, BROWN RICE AND  
AVOCADO SALAD WITH MISO  
AND TAHINI DRESSING



## Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing

*This salad is topped with one of my favourite Japanese dressings. You can replace the brown rice with grated raw cauliflower and add other raw seasonal vegetables of your choice.*

¾ cup brown rice	<b>Dressing</b>
1½ cups water	3 tablespoons tahini
8 large kale leaves, stems removed	1 tablespoon white miso
2 cups finely shredded cabbage	2 tablespoons lemon juice
6 fresh dates, roughly chopped	1 teaspoon honey
1 avocado, diced	1 teaspoon soy sauce
1 carrot, peeled	2 cloves garlic, crushed
2 tablespoons toasted mixed seeds	2 tablespoons cold water
	sea salt and ground pepper

Put the rice and water in a saucepan with a pinch of salt and bring to the boil. Reduce the heat to low, cover tightly and cook for 45 minutes. Fluff up with a fork then spread onto a large plate to cool.

Rip the kale into bite-sized pieces and place in a large bowl with ½ teaspoon sea salt. Scrunch handfuls of the kale in your fingers for about 2 minutes until it becomes darker and softer in texture and has reduced in volume.

**Dressing:** Whisk all the ingredients together in a bowl and season, adding a little more water if needed to make a pourable dressing.

**To assemble:** Add the cabbage to the kale and pour over most of the dressing, turning to coat well. Add the cooled rice, dates and avocado and toss again.

Transfer to a serving bowl. Use a vegetable peeler to cut long thin strips off the carrot.

Place on top of the salad and scatter with the seeds. Drizzle over the remaining dressing. **Serves 6**

**COOK'S TIP:** White miso will keep in an airtight container in the fridge for several months.

**PANTRY NOTE:** Toasted mixed seeds are available in the loose bins section at supermarkets.

## Cheesy Mushroom, Spring Onion and Garlic Bread

*The success of this stuffed bread lies in using a good dense, textured loaf. Supermarket bread will just fall apart when cut in this manner and isn't firm enough to hold the filling.*

1 large round sourdough loaf	2 tablespoons finely chopped flat-leaf parsley
2 tablespoons butter	½ cup grated Cheddar cheese
250 grams button mushrooms, sliced ½ cm thick	½ cup freshly grated Parmesan, plus extra for topping
2 teaspoons chopped thyme	sea salt and freshly ground pepper
100 grams butter at room temperature	1 ball fresh mozzarella in whey, drained and torn (optional)
3 cloves garlic, crushed	
3 spring onions, finely chopped	

Preheat the oven to 180°C.

Without cutting through the bottom crust, cut the bread lengthwise and widthwise about 3cm apart with a sharp breadknife.

Heat the first measure of butter in a sauté pan and cook the mushrooms and thyme with a good pinch of salt until golden and tender and all the liquid has evaporated. Set aside to cool.

Combine the second measure of butter, garlic, spring onions, parsley, Cheddar and Parmesan in a bowl and season well, then mix in the cooled mushrooms.

Push the mushroom butter down into the crevices of the loaf and smear a little over the top.

Grate over a generous amount of Parmesan and freshly ground pepper. Place on a large piece of foil and wrap securely.

Bake for 15 minutes then remove from the oven. Peel back the foil and dot over the torn mozzarella if using. Return to the oven for another 7-10 minutes, until the cheese is melting and golden. If not using the mozzarella, return to the oven for just 5 minutes.

**To serve:** Remove the loaf from the foil, place on a board and cut into slices to serve. **Serves 6-8**



CHEESY MUSHROOM, SPRING  
ONION AND GARLIC BREAD  
*[recipe previous page]*

## Green Beans with Chilli and Coconut

400 grams round green beans, stem end removed	2 cloves garlic, crushed
3 tablespoons vegetable oil	1 teaspoon ground turmeric
1 teaspoon yellow mustard seeds	1–2 long red chillis, seeded and thinly sliced
1 teaspoon cumin seeds	¼ cup long thread coconut water
1 small red onion, finely chopped	sea salt

Slice the beans on the diagonal into long pieces.

Heat the vegetable oil in a large sauté pan and gently cook the mustard and cumin seeds, onion, garlic, turmeric and chillis until the onion is soft. Add the coconut and beans, season well then add ¼ cup of water and toss everything together. When the water has evaporated keep adding a little more water and toss the beans occasionally until crisp tender. Transfer to a serving platter and serve hot. [Serves 4–6](#)

## New Potato, Soft Boiled Egg and Crispy Bacon Salad

1 kilogram Jersey Benne or other small waxy potatoes, scrubbed	small handful each flat-leaf parsley and rocket
6 eggs	1 clove garlic, crushed
6 rashers streaky bacon	½ cup freshly grated Parmesan cheese
<a href="#">Pesto</a>	½ cup olive oil
½ cup roasted almonds, roughly chopped	squeeze of lemon juice
	sea salt and freshly ground pepper

**Pesto:** Put the almonds, herbs, garlic and Parmesan in a food processor and roughly chop. Add the oil and lemon juice and pulse to make a coarse paste. Season and tip into a large bowl.

Cook the potatoes in boiling salted water until tender but not falling apart. Drain well. When cool enough to handle, peel if desired and cut into large pieces. Combine with the pesto. *The potatoes will absorb more flavour if dressed when warm.*

Place the eggs in a saucepan of cold water and bring to the boil. Cook for 4 minutes. Drain and cool under cold running water then carefully peel.

Cook the bacon in a hot sauté pan until crisp. Drain on kitchen towels.

**To serve:** Put the potatoes on a serving platter. Break the eggs in half and place over the top. Scrape out any dressing left in the bowl and spoon over the eggs. Crumble over the bacon. [Serves 6–8](#)

GREEN BEANS WITH  
CHILLI AND COCONUT



NEW POTATO, SOFT BOILED EGG  
AND CRISPY BACON SALAD



**GREEN BEAN AND POTATO SALAD WITH CAPERS, BASIL AND PINE NUTS**

## Green Bean and Potato Salad with Capers, Basil and Pine Nuts

*New season waxy potatoes are always popular – toss them with the dressing while they're still warm so they soak up all the flavours.*

600 grams waxy potatoes, scrubbed or peeled	finely grated zest and juice 1 lemon
250 grams green beans, stem end trimmed	1 clove garlic, crushed
½ small red onion, very thinly sliced	pinch chilli flakes
2 small inner stalks celery, thinly sliced	2 tablespoons capers
<b>Dressing</b>	2 tablespoons pine nuts, toasted
¼ cup olive oil	small handful basil, finely chopped

Cook the beans in plenty of boiling salted water until just tender. Remove with tongs and refresh in cold water. Drain and pat dry on kitchen towels.

Add the potatoes to the boiling water and cook until tender. Drain and when cool enough to handle, cut into wedges.

Soak the onion in cold water for 10 minutes then drain and squeeze dry in a clean tea towel.

**Dressing:** Whisk the oil, lemon zest and juice, garlic and chilli flakes in a large bowl and season. Add the capers, pine nuts and basil.

Add the warm potatoes, beans, onion and celery to the dressing. Combine gently and transfer to a serving platter. **Serves 6**



**FENNEL, LEEK AND POTATO GRATIN**

## Fennel, Leek and Potato Gratin

*Meltingly tender with just a touch of cream, this is a firm family favourite!*

3 tablespoons olive oil	300ml stock, vegetable or chicken
2 medium leeks, sliced thinly	½ cup cream
1 fennel bulb, sliced thinly	½ cup freshly grated Parmesan
1 onion, sliced thinly	sea salt and ground pepper
3 cloves garlic, crushed	
2 tablespoons chopped thyme	8 cup-capacity ovenproof baking dish
900 grams Agria potatoes, sliced thinly	

Preheat the oven to 180°C.

Heat the oil in a large sauté pan and add the leeks, fennel, onion, garlic and thyme. Season generously, cover and cook for 10 minutes, stirring occasionally until the vegetables have started to soften.

Spread half the potatoes in the baking dish and season. Top with half the leek mixture. Repeat with the remaining potatoes, seasoning and leeks. Mix the stock and cream, pour over the layered leek and potato and then scatter over the Parmesan. Cover with a piece of baking paper then cover tightly with foil.

Bake for 40 minutes until tender then uncover and continue cooking until the vegetables are very tender and it is golden.

**Serves 6–8**

  
THE  
**Kings Series**  
MARLBOROUGH • NEW ZEALAND



*Brent Marisco*

“When I went in search of my ancestry I never expected to uncover a story on medieval intrigue. But there they were: the de Marisco family lived on Lundy Island in the Bristol Channel in the 12th and 13th centuries. They fell in and out of favour with the English monarchy and it’s this family history that inspired The Kings Series. I hope you enjoy discovering each wine – and the food matches we’ve made for them – as much as I enjoyed creating them.”

## *The King's A Sticky End*

William de Marisco was outlawed by King Henry III in 1235 and fled to Lundy Island where he turned to piracy. William was captured and executed by being hung, drawn and quartered – a sticky end indeed.

Enjoying the best of food and wine together – and in the company of family and friends – is one of life’s great pleasures. For a memorable end to a meal, treat your guests to glazed cherry tarts filled with lemon cream, perfectly paired with

The King’s A Sticky End.

  
**MARISCO**  
VINEYARDS  
MARLBOROUGH • NEW ZEALAND

Glazed Cherry Tarts.  
Visit [www.thekingsseries.co.nz](http://www.thekingsseries.co.nz)  
for the recipe.



[www.thekingsseries.co.nz](http://www.thekingsseries.co.nz)

Become part of our story – join us on Facebook  Marisco Vineyards





SPICE-ROASTED CHICKEN  
WITH CUCUMBER SALAD  
*[recipe next page]*



CHICKEN WITH MUSHROOMS,  
BACON AND TOMATOES

## Chicken with Mushrooms, Bacon and Tomatoes

*Embrace the changing of the seasons with this rich chicken casserole. Serve with a big bowl of creamy mashed potatoes.*

4 chicken thighs, bone in, skin on	1 teaspoon smoked paprika
6 chicken drumsticks, skin on	2 cloves garlic, crushed
½ cup plain flour	1 tablespoon finely chopped thyme
2 tablespoons olive oil	½ cup white wine
150 grams bacon, thinly sliced	1 × 400 gram tin cherry tomatoes
2 red onions, peeled	1 cup chicken stock
300 grams button mushrooms, halved if large	sea salt and freshly ground pepper

Preheat the oven to 180°C.

Place the flour in a dish and season with salt and pepper. Dust the chicken in the flour, shaking off the excess.

Heat the oil in a sauté pan and brown the chicken on all sides. Transfer to an ovenproof baking dish. Add the bacon to the same pan and cook until lightly golden. Remove with a slotted spoon and add to the chicken.

Add the onions, mushrooms, paprika, garlic and thyme to the pan and cook for 5 minutes. Pour in the wine and let it bubble up for a couple of minutes. Add the tomatoes and stock, season and bring to the boil. Tip over the chicken and gently combine. Cover and cook for 30 minutes. Uncover then cook for a further 10 minutes until the chicken is tender and fully cooked through.

**To serve:** Scatter with a little extra fresh thyme and serve with warm crusty bread, mashed potatoes and a green salad. **Serves 4**

## Spice-Roasted Chicken with Cucumber Salad

*Chicken loves gutsy flavours and this is a great recipe for turning simple into a feast. Use a whole butterflied chicken, or chicken thighs if preferred. To eat, remove the meat from the bone and wrap in flatbreads with the accompaniments.*

12 chicken drumsticks	<b>Cucumber salad</b>
2 tablespoons vegetable oil	1 small telegraph cucumber
2 cloves garlic, crushed	2 tablespoons olive oil
½ teaspoon each ground garam masala, cumin, coriander and turmeric	zest 1 lemon
¼–½ teaspoon ground chilli	1 clove garlic, crushed
sea salt and freshly ground pepper	1 tablespoon lemon juice
	<b>Accompaniments</b>
	thick plain yoghurt
	lemon wedges
	watercress or rocket
	warm flatbreads

Preheat the oven to 180°C.

**Chicken:** Slash the meat twice in the thickest part of each drumstick. Combine the oil with all the remaining ingredients and add the chicken, turning to coat well in the spice mix. Place on a lined baking tray and roast for about 40 minutes, turning occasionally until golden and cooked through.

**Salad:** Halve the cucumber lengthways and scoop out the seeds. Cut into small chunks. Whisk the remaining ingredients in a bowl then toss through the cucumber.

**To serve:** Pile the chicken onto a board or platter. Serve with the cucumber salad and accompaniments. **Serves 4**



KUNG PAO CHICKEN

## Kung Pao Chicken

A favourite dish of a 19th century Qing Dynasty governor of Sichuan, Ding Baozhen, this quick stir-fry is wonderfully succulent when made with chicken thighs.

800 grams boneless and skinless chicken thighs	1 tablespoon black rice vinegar (Chinkiang vinegar)
1 tablespoon soy sauce	<b>To cook</b>
1 tablespoon Shaoxing (Chinese cooking wine)	3 tablespoons vegetable oil
1 tablespoon cornflour	3 or more whole dried red chillis
½ teaspoon sea salt	2 tablespoons ginger, julienned
<b>Sauce</b>	3 cloves garlic, crushed
2 teaspoons cornflour	3 spring onions, thinly sliced
2 teaspoons sugar	⅓ cup roasted cashew nuts or peanuts
2 teaspoons soy sauce	
1 teaspoon sesame oil	

**Chicken:** Cut the chicken into 2cm pieces. Combine the remaining ingredients in a bowl, add the chicken and toss to coat. Set aside if cooking immediately or cover and refrigerate for up to 24 hours.

**Sauce:** Combine the ingredients in a bowl and mix until smooth.

**To cook:** Heat the oil in a wok or large sauté pan until hot. Add the chicken in batches and stir-fry until the chicken separates and is cooked through. Transfer to a plate as it's cooked. Add a little more oil to the pan between batches as needed. Add the chillis, ginger and garlic and fry for a few seconds until fragrant. *Don't let them catch and burn.* Return the chicken to the pan and combine. Give the sauce a stir and tip into the pan, tossing and stirring until the sauce is thick and glossy and everything is well coated. Add half the spring onions and nuts and mix through.

**To serve:** Transfer the chicken to a serving bowl and top with the remaining spring onions and nuts. **Serves 4**

*Black rice vinegar, Shaoxing cooking wine: see Glossary page 138*

*Julienne: see Kitchen Notes page 141*

**COOK'S TIP:** Break the chillis in half and shake out the seeds as these give the most heat, but leave them in if you want a really fiery dish!



## Smoked Chicken, Mango and Avocado Salad

This light, refreshing salad is the perfect combination of flavours and textures. Great served for lunch or a light dinner.

1 smoked double chicken breast, sliced	<b>Dressing</b>
300 grams green beans, stem end trimmed	3 tablespoons olive oil
100 grams snow peas	2 teaspoons lemon juice or white wine vinegar
½ small telegraph cucumber, sliced on the diagonal	1 clove garlic, crushed
3 avocados, peeled and halved	1 teaspoon Dijon mustard
1 mango, peeled and diced	1 teaspoon honey
2 tablespoons finely chopped red onion	sea salt and freshly ground pepper
½ cup walnut pieces, roasted	<b>To serve</b>
	salad leaves (optional)

Cook the beans then the snow peas in boiling salted water until tender. Drain and refresh in cold water. Dry on kitchen towels.

**Dressing:** Whisk all the ingredients together and season.

Toss the beans, snow peas and cucumber with a spoonful of the dressing and arrange on plates. Add the mango, red onion and walnuts to the remaining dressing. Place half an avocado on each plate and put the smoked chicken in the cavity. Spoon over the remaining dressing and serve with salad leaves if desired. **Serves 6**



CHICKEN  
PUTTANESCA

## Chicken Puttanesca

*Most of these ingredients are store-cupboard staples and when combined you'll be rewarded with a delicious, simple dinner that will fill the kitchen with wonderful cooking aromas.*

6 boneless chicken thighs, skin off	1 teaspoon dried oregano
sea salt and freshly ground pepper	2 tablespoons capers
2 tablespoons olive oil	20 black olives, pitted
1 onion, finely chopped	2 × 400 gram tins whole cherry tomatoes
2 cloves garlic, crushed	<b>To serve</b>
¼ teaspoon chilli flakes	400 grams dried spaghetti
3 anchovy fillets, chopped	Parmesan
	fresh basil

Preheat the oven to 180°C.

Heat the oil in a large sauté pan. Cut each chicken thigh into 2–3 pieces and season. Brown the chicken on both sides then transfer to an ovenproof baking dish.

Add the onion, garlic, chilli flakes, anchovies and the oregano to the pan and cook until the onion is soft. Add the capers, olives and tomatoes and bring to the boil. Cook for 2 minutes then taste the sauce and season lightly if needed. *The anchovies can be salty.*

Pour over the chicken and bake uncovered for 20 minutes.

**To serve:** Cook the spaghetti in a large saucepan of boiling, well salted water until al dente. Drain then tip back into the saucepan and toss with a little olive oil.

Divide the chicken and sauce between plates and place a mound of spaghetti alongside. Top with shaved Parmesan, fresh basil and a grind of black pepper. **Serves 4**

## Lemon and Basil Chicken with String Beans and Zucchini

*Cooking the chicken with the skin on helps keep the meat moist and tender.*

4 single chicken breasts, skin on	3 tablespoons olive oil
3 tablespoons olive oil	1 tablespoon white wine vinegar
2 cloves garlic, crushed	1 teaspoon wholegrain mustard
finely grated zest and 1 tablespoon lemon juice	1 clove garlic, crushed
¼ cup packed basil leaves, chopped finely	2 medium zucchini, julienned
sea salt and ground pepper	¼ cup thinly sliced sun-dried tomatoes
<b>Salad</b>	small handful basil leaves, ripped
200 grams green beans	

Preheat the oven to 180°C.

**Salad:** Push the beans through a bean slicer or slice thinly on the diagonal. Cook in boiling salted water until just tender. Drain and refresh in cold water.

Whisk the oil, vinegar, mustard and garlic in a large bowl and season. Add all the ingredients, including the beans, and toss together gently.

**Chicken:** Combine the oil, garlic, lemon zest and juice and the basil in a bowl and season. Rub all over the chicken then place the breasts in a roasting dish lined with baking paper, scraping in any basil oil left in the bowl. Roast for 25 minutes, basting occasionally, until cooked. *To test for doneness, the juices should run clear when a skewer is inserted into the thickest part of the breast.* Cover lightly and rest for 5 minutes.

**To serve:** Slice the chicken and arrange on plates. Top with the salad and spoon over the pan juices. **Serves 4**



QUINOA SALAD AND  
MOROCCAN CHICKEN

## Quinoa Salad and Moroccan Chicken

*Quinoa makes a great base for salads and loves a good gutsy dressing. A perfect weeknight meal – quick to prepare and packed with flavour.*

4 boneless chicken breasts, skin-on	¼ teaspoon each ground ginger and cinnamon
2 tablespoons Moroccan seasoning	1 cup diced cucumber
200 grams cottage cheese	10 cherry tomatoes, chopped roughly
<b>Salad</b>	2 spring onions, sliced thinly
1 cup quinoa	¼ cup sunflower seeds
3 cups water	good handful flat-leaf parsley or mint
4 tablespoons olive oil	sea salt and freshly ground pepper
1 tablespoon red wine vinegar	
2 cloves garlic, crushed	

Put the quinoa in a fine sieve and rinse under cold water.

Place in a medium saucepan with the water and bring to the boil. Simmer for about 10 minutes until tender but still with a little bite. Drain and rinse under cold water then drain again. Place in a large bowl.

Whisk the oil, vinegar, garlic and spices together and season. Toss through the quinoa and then fold through all the remaining ingredients.

**Chicken:** Sprinkle the chicken with the seasoning. Cook on a preheated barbecue or heat a little olive oil in a sauté pan and cook both sides until cooked through. Transfer to a plate and rest for a few minutes.

**To serve:** Slice the chicken and serve alongside the quinoa salad and a spoonful of the cottage cheese. Spoon over the resting juices along with a drizzle of olive oil and a grind of pepper. **Serves 4**

*Quinoa: see Glossary page 138*



**LEMON AND BASIL CHICKEN WITH STRING BEANS AND ZUCCHINI**  
*[recipe previous page]*



**FREEKEH, SMOKED CHICKEN AND ARTICHOKE SALAD**  
*[recipe next page]*



GF

FALAFEL CHICKEN  
SCHNITZEL

## Falafel Chicken Schnitzel (gf)

*Chickpea flour combined with almonds and spices gives these chicken thighs an aromatic, crunchy coating that can be enjoyed by everyone, including those needing to avoid gluten.*

600 grams boneless chicken thighs, skin off	2 eggs
1 cup chickpea flour	2 cloves garlic, crushed
100 grams roasted, skin on almonds	vegetable oil and butter for cooking
1 teaspoon each ground cumin and paprika	sea salt and freshly ground pepper
¼ teaspoon ground turmeric	

Trim the fat off the chicken. Cut each thigh into 2 pieces and slash the thicker parts of the meat to make them an even thickness.

Combine the flour, almonds and spices in a food processor and season well. Process until the almonds are finely ground. Tip into a wide shallow dish.

Whisk the eggs and garlic in a shallow dish and season.

Heat a little oil and a small knob of butter in a sauté pan. Dip the chicken in the egg, letting the excess drip back into the dish then coat well in the almond mixture.

Cook over a medium heat until golden and cooked through. *Chicken thighs take longer to cook than breasts.* Keep warm in a low oven if cooking in batches.

**To serve:** Place on plates and serve with the following Yoghurt Tahini Sauce if desired. I served ours with a salad of rocket, thinly sliced red onion and cucumber. **Serves 4**

## Tahini, Yoghurt and Garlic Sauce

½ cup thick plain yoghurt	2 tablespoons lemon juice
3 tablespoons tahini	sea salt and freshly ground pepper
2 cloves garlic, crushed	

Whisk all the ingredients in a bowl and season. Top with a sprinkle of paprika or cumin to serve.

## Freekeh, Smoked Chicken and Artichoke Salad

*Apart from cooking the freekeh and toasting the nuts, this is a great put-together salad using a selection of good quality purchased ingredients.*

¾ cup freekeh, rinsed and drained	½ cup caper berries
2¼ cups water	Parmesan for shaving
1 tablespoon olive oil	handful rocket leaves
	lemon wedges
<b>Salad</b>	<b>Dressing</b>
300 grams smoked chicken breast, shredded	3 tablespoons olive oil
300 gram jar marinated artichoke quarters, drained	2 tablespoons lemon juice
	1 teaspoon Dijon mustard
½ red onion, sliced very thinly	1 clove garlic, crushed
handful basil, chopped roughly	sea salt and freshly ground pepper
70 grams sliced almonds, toasted	

Put the freekeh, water and olive oil in a medium saucepan and bring to the boil.

Cover and simmer gently for about 20 minutes or until just tender. Tip into a sieve to drain off any remaining liquid. Cool. *The freekeh should still have a chewy texture.*

**Dressing:** Whisk all the ingredients in a bowl and season.

**To assemble:** Combine the freekeh and dressing in a large bowl then add the chicken, artichokes, onion, basil and half of the almonds. Turn gently to combine.

Transfer to a large platter. Top with the caper berries, shaved Parmesan, remaining almonds and the rocket. Serve with lemon wedges. **Serves 4–6**

*Freekeh: see Glossary page 138*



BRAISED CHICKEN  
WITH LEMON AND  
OREGANO POTATOES

## Braised Chicken with Lemon and Oregano Potatoes

4 chicken drumsticks and 4 thighs, skin on	½ cup white wine or water
sea salt and freshly ground pepper	long strips of lemon zest and juice of 2 lemons
paprika	8 cloves garlic, peeled
1 tablespoon olive oil	1 tablespoon dried Greek oregano
2 onions, peeled and cut into sixths through the root	pinch of chilli flakes
700 grams waxy potatoes, peeled and roughly chopped	1 cinnamon stick
4 small bay leaves	¼ cup chopped flat-leaf parsley

Preheat the oven to 180°C.

Season the chicken with salt and pepper and sprinkle lightly with paprika. Heat the olive oil in a large ovenproof sauté pan and brown the chicken on all sides. Transfer to a plate as they are done.

Add the onions, potatoes and bay leaves to the pan then pour in the wine and let it bubble up, scraping the base of the pan to loosen the sticky bits. Season. Add the remaining ingredients to the pan, along with the chicken and any juices, and turn to combine.

Roast, uncovered, for 60 minutes, turning the potatoes occasionally and adding a little more wine or water if the pan starts to dry out.

Scatter with parsley just before serving. [Serves 4–6](#)

## 5 Spice Duck with Noodles, Mushrooms and Asian Greens

*Two single duck breasts will give you about 5 thin slices per serving. For a larger portion, cook 3 duck breasts.*

2 single duck breasts, skin on	1 teaspoon grated fresh ginger
½ teaspoon Chinese 5 spice	2 cups chicken stock
sea salt	2 tablespoons soy sauce
<b>Vegetables</b>	3 tablespoons hoisin sauce
3 tablespoons vegetable oil	2 bunches gai larn or other Asian greens
1 teaspoon sesame oil	<b>Noodles</b>
3 spring onions, thinly sliced	250 grams fresh egg noodles
300 grams button mushrooms, sliced	sea salt and freshly ground pepper
1 clove garlic, crushed	

Lightly score the skin of the duck and rub the flesh side with the Chinese 5 spice and sea salt.

Heat a sauté pan over a low heat and cook the duck, skin side down for 8 minutes. Turn over and cook for a further 3–4 minutes for medium rare duck. Transfer to a plate, cover loosely and rest until ready to serve.

**Vegetables:** Heat both oils in a large saucepan and cook the spring onions and mushrooms over a high heat for 2 minutes. Add the garlic and ginger and cook for 1 minute then add the stock, soy and hoisin sauces and bring to the boil. Trim the ends off the gai larn, separate the leaves and thinly slice any thick stalks. Add to the stock and simmer until the gai larn is crisp tender. Season with salt and pepper.

**Noodles:** Cook the noodles in boiling salted water until tender. Drain well.

**To serve:** Divide the noodles between 4 warmed, shallow soup bowls and ladle over the vegetables and stock. Slice the duck thinly and arrange on top with any meat resting juices. Serve immediately. [Serves 4](#)

*Gai larn, hoisin: see Glossary page 138*

**PANTRY NOTE:** *Fresh egg noodles* can be found vacuum-packed at supermarkets in the chiller. Or substitute dried egg noodles, but these will require a slightly longer cooking time.

QUICK THAI POACHED  
CHICKEN SALAD



## Quick Thai Poached Chicken Salad

*Letting the cooked chicken cool in the poaching liquid ensures moist, tender meat that's full of flavour in this easy put-together salad. It's also delicious served with vermicelli noodles.*

700 grams skinless and boneless chicken breast	<b>Salad</b>
1 cup coconut cream	1 telegraph cucumber
¼ cup water	2 carrots, peeled
2 tablespoons brown sugar	2 spring onions, thinly sliced
3 tablespoons fish sauce	1 long red chilli, thinly sliced
1 clove garlic, thinly sliced	½ cup coriander leaves
stalks from small bunch of coriander	½ cup roasted peanuts, roughly chopped

Cut each chicken breast lengthwise to create 2–3 thinner slices.

Put all the remaining ingredients in a sauté pan and add the chicken. Gently bring to a bare simmer and cook gently for 10 minutes or until cooked, turning the chicken halfway through.

Remove the chicken to a plate and strain the poaching liquid into a large bowl. Shred or thinly slice the chicken and return to the poaching liquid then leave to cool. *Refrigerate if making ahead.*

**Salad:** Use a vegetable peeler to shave long strips off the cucumber and carrots, working your way around the cucumber and discarding the centre with the seeds.

Put the cucumber, carrot, spring onions and most of the chilli, coriander and peanuts in a large bowl. Strain the chicken, reserving the poaching liquid and add to the salad. Toss together and place on a platter. Scatter with the remaining chilli, coriander and peanuts and serve the reserved sauce in a jug for drizzling over the salad. **Serves 4**



5 SPICE DUCK WITH NOODLES,  
MUSHROOMS AND ASIAN GREENS  
[recipe previous page]



SPICED CHICKEN  
SKEWERS WITH GREEN BEANS  
[recipe next page]



## Chicken with Mushrooms and Tarragon

*Chicken thighs are packed with flavour and pair beautifully with mushrooms, tarragon and sour cream to make a quick, delicious braise. Serve with cooked rice, pasta, mashed potatoes or slices of grilled sourdough bread and a salad.*

1 tablespoon olive oil	1 tablespoon
knob of butter	Worcestershire sauce
600 grams boneless chicken thighs, skin off	½ cup chicken stock
1 onion, thinly sliced	½ cup sour cream
350 grams button mushrooms, thinly sliced	1 teaspoon cornflour
2 cloves garlic, crushed	2 tablespoons finely chopped parsley
2 teaspoons dried tarragon	sea salt and ground pepper

Heat the oil and butter in a large sauté pan. Slice the chicken into 1cm wide strips and season well. Cook in two batches over a high heat until lightly golden. Remove with a slotted spoon and set aside. *Don't wash the pan.*

Add the onion to the pan with a pinch of salt and cook for 4 minutes, adding a good splash of water if needed. Add the mushrooms and cook, stirring until they start to soften.

Add the garlic, tarragon, Worcestershire sauce and the stock and bring to the boil. Add the chicken, along with any juices, and simmer for a few minutes to reduce a little.

Stir the sour cream and cornflour together and add to the pan. Simmer for 2 minutes then stir in the parsley. [Serves 4](#)

## Spiced Chicken Skewers

*If you want a spicier version of these juicy, sticky chicken sticks add a pinch of chilli powder to the paste.*

2 tablespoons Worcestershire sauce	1 tablespoon olive oil
1 tablespoon lemon juice	½ teaspoon each ground turmeric and cumin
1 tablespoon brown sugar	600 grams skinless and boneless chicken thighs
2 cloves garlic, crushed	<b>To serve</b>
1 tablespoon tomato paste	warm flatbreads
2 teaspoons English mustard powder	sour cream
	12 × 20cm wooden skewers

Preheat the oven to 180°C.

Combine all the ingredients, except the chicken, in a large bowl. Cut the chicken into bite-sized pieces and place in the paste, turning to coat well.

Thread the chicken pieces onto the skewers and place on a lined baking tray. Season with salt and pepper.

Bake for 15–20 minutes, turning once during cooking until golden and cooked through.

**To serve:** Top warm flatbreads with sour cream and the chicken, along with a small pile of the following green beans.

[Serves 4](#)

## Green Beans

2 tablespoons vegetable oil	1 tablespoon grated fresh ginger
1 teaspoon yellow mustard seeds	1 garlic clove, crushed
1 long red chilli, finely sliced	300 grams slim green beans, trimmed and thinly sliced
½ teaspoon each ground cumin and turmeric	sea salt

Heat the oil in a large sauté pan over a medium heat. Add the mustard seeds and cook until they start to pop. Add the chilli, cumin, turmeric, ginger and garlic and cook for 30 seconds. Add the beans, a splash of water and a good pinch of salt. Cook for 3–4 minutes until just tender, stirring frequently and adding a little more water if necessary.

Serve hot or warm. [Serves 4](#)



TUSCAN PORK IN CRISPY BAGUETTE  
*[recipe next page]*



CHORIZO AND BROAD  
BEAN RISOTTO

## Chorizo and Broad Bean Risotto

Use a soft cured Spanish chorizo rather than a hard, drier style chorizo for this recipe – and if broad beans aren't popular in your house use frozen peas or cooked green beans, thinly sliced.

2 cups frozen broad beans	1¼ cups risotto rice, e.g. Arborio or Vialone Nano
6 cups chicken stock, hot	½ cup white wine
2 tablespoons olive oil	small handful flat-leaf parsley, finely chopped
200 grams chorizo sausage, thinly sliced	sea salt and freshly ground pepper
1 onion, finely chopped	
2 cloves garlic, crushed	

Cook the broad beans in boiling water for 3–4 minutes then drain and refresh in cold water. Peel and discard the skins. Set aside.

Put the stock in a saucepan, heat and keep warm.

Heat the oil in a sauté pan over a low heat and add the chorizo. Cook for 2 minutes until the chorizo has released its smoky, paprika-flavoured oil and is lightly golden. Remove with a slotted spoon and set aside.

Add the onion and garlic to the pan with a good pinch of salt. Cover and cook for 10 minutes until tender, stirring occasionally.

Add the rice, stirring well to coat each grain in the oil. Cook for another minute until the rice is warm (toasted).

Add the wine and stir until most of the liquid has been absorbed.

Begin adding the warm stock, a ladle at a time, stirring and allowing the liquid to be absorbed before adding the next quantity. When the risotto is tender to the bite and has a creamy consistency (*this should take about 20 minutes*), add the chorizo and any juices, the broad beans and the parsley and gently combine. Season if needed and serve immediately.

**Serves 4–6**

**COOK'S TIP:** If the chorizo doesn't release much paprika-flavoured oil, add ½ a teaspoon of smoked paprika when cooking the onion.

## Tuscan Pork in Crispy Baguette

This delicious and incredibly easy pork dish is based on a recipe by Joanne Weir, who hails from my favourite city, San Francisco. I've been lucky enough to cook with Joanne a couple of times in my career.

2 pork fillets, about 350–400 grams each	¼ teaspoon chilli flakes
1 tablespoon olive oil	½ teaspoon each sea salt and freshly ground pepper
<b>Herb rub</b>	<b>To cook</b>
2 tablespoon each roughly chopped rosemary and sage leaves	2 tablespoons Dijon mustard
½ teaspoon whole fennel seeds	1 large baguette
2 cloves garlic, roughly chopped	2 tablespoons basil pesto
zest 1 lemon	3 tablespoons olive oil
	foil
	kitchen string

Preheat the oven to 180°C.

Trim any silverskin off the pork fillets and season with salt and pepper.

Heat the oil in a sauté pan and quickly sear the pork on all sides. This should take a maximum of 4 minutes. Cool the pork for 10 minutes.

**Herb rub:** Place all the ingredients on a board and use a large knife to finely chop everything together.

**To cook:** Pat the seared pork fillets dry with kitchen towels. Brush all sides with the mustard and sprinkle or roll in the herb rub.

Cut the baguette in half lengthwise and pull out the soft crumbs from both halves.

Combine the pesto and oil and set 1 tablespoon aside. Brush the remaining mixture over the insides of the bread. Place the pork in the baguette, tucking the thinner end of each fillet under to make an even thickness. Place the top on and trim the bread between the fillets.

Tie with kitchen string at 3cm intervals. Wrap each piece in foil then place on a flat baking tray.

Roast for 20 minutes then remove from the oven and peel back the foil. Brush the outside of the baguette with the remaining pesto mixture and return the pork to the oven to cook for 5 minutes until crisp and golden. Rest for 5 minutes then slice thickly to serve. **Serves 4**



ITALIAN SAUSAGE, BROCCOLI  
AND PEA FRITTATA

## Italian Sausage, Broccoli and Pea Frittata

*This Italian-style omelette needs only a few vegetables, good quality sausages and eggs to make an easy, delicious dinner.*

1 head broccoli	2 cloves garlic, crushed
2 tablespoons olive oil	sea salt and freshly ground pepper
300 grams meaty sausages (I used pork and fennel)	<b>To serve</b>
1½ cups frozen peas	½ telegraph cucumber, cut into julienne
250 grams cottage cheese	3 radishes, cut into julienne
8 eggs	¾ cup thick plain yoghurt

Preheat the grill to its highest setting.

Trim off the thick broccoli stalk and discard. Cut the broccoli into bite-sized florets.

Heat 1 tablespoon of oil in a 28cm heatproof sauté pan and cook the broccoli with a pinch of salt for a few minutes until crisp tender, adding a splash of water to the pan. Transfer to a plate and set aside.

Remove the skin from the sausages and break the meat into small pieces. Add to the pan with the remaining oil and cook until lightly golden on all sides. Add the frozen peas to the pan and cook for another couple of minutes.

Whisk the cottage cheese, eggs and garlic in a large bowl and season well. Stir in the broccoli.

Pour into the pan and stir everything together. Cook over a medium low heat until the filling is ¾ set.

Place under the grill and cook until puffed and golden and the frittata is set completely in the centre.

**To serve:** Put the yoghurt in a shallow bowl and top with the cucumber and radishes. Drizzle with a little olive oil, salt and pepper. Cut the frittata into wedges and serve with the yoghurt. **Serves 6**

*Julienne: see Kitchen Notes page 141*



**FLORENTINE PORK CHOPS**  
*[recipe next page]*



**PORK FILLET WITH KUMARA  
AND ALMOND, PAPRIKA  
AND PARSLEY DRESSING**  
*[recipe next page]*

## Florentine Pork Chops

*This one pan dish has juicy pork chops nestled in a rich tomato sauce and topped with spinach and melting mozzarella. I served ours with crispy sautéed potatoes.*

4 pork loin chops, skin removed	½ cup white wine, water or chicken stock
300 grams spinach, tough stalks removed	1 × 400 gram tin cherry tomatoes
2 tablespoons olive oil	1 cup tomato passata
sea salt and ground pepper	1 tablespoon basil pesto
1 onion, sliced thinly	1 cup grated mozzarella
2 cloves garlic, crushed	

Preheat the grill to its highest setting.

Put the spinach in a large heatproof bowl and cover with boiling water, turning to wilt. Drain and refresh in cold water then squeeze out all the excess liquid. Set aside.

Heat the oil in a large ovenproof sauté pan. Season the pork and cook for 3–4 minutes each side until just cooked through. *Cooking time will depend on the thickness of the pork.* Transfer to a plate and cover to keep warm. *Don't wash the pan.*

Add the onion and garlic to the pan and cook until soft, adding a splash of water if needed. Pour in the wine and let it bubble up for a couple of minutes then add the cherry tomatoes, passata and pesto. Simmer gently for 10 minutes.

Return the pork to the pan, along with any meat juices, and nestle the chops into the sauce. Simmer for 2 minutes then top each one with the spinach then the cheese.

Place under the grill until the cheese is golden and bubbling.

**Serves 4**

*Tomato passata: see Glossary page 138*

## Pork Fillet with Kumara and Almond, Paprika and Parsley Dressing

*This dressing with its smoky Spanish paprika, crunch of almonds and sweet honey melds beautifully with the juicy pork fillet and roasted kumara.*

700 grams pork fillet	1 clove garlic, crushed
½ teaspoon ground cumin	1 teaspoon honey
700 grams orange kumara, peeled	½ teaspoon smoked paprika
½ teaspoon ground cinnamon	2 tablespoons currants
olive oil	2 spring onions, thinly sliced
sea salt and freshly ground pepper	¼ cup roasted almonds, roughly chopped
<b>Almond dressing</b>	2 tablespoons chopped flat-leaf parsley
3 tablespoons olive oil	kitchen string
1 tablespoon white wine vinegar	

Preheat the oven to 180°C.

**Pork:** Trim off any silverskin with a small sharp knife. Tuck the thin end of the fillet under and tie the pork with kitchen string to retain its shape while cooking.

Rub with a little olive oil and cumin and season well. Place in a shallow ovenproof baking dish.

Slice the kumara ½cm thick and brush both sides with olive oil. Sprinkle with the cinnamon and place in a single layer on a large baking tray.

Place the pork and kumara in the oven and bake for 20 minutes, turning both over halfway through cooking. Rest the pork, lightly covered, for 5 minutes.

**Dressing:** Whisk the oil, vinegar, garlic, honey and paprika in a bowl and season well. Stir in the remaining ingredients.

**To serve:** Remove the string and slice the pork thinly on the diagonal. Place the kumara on plates, top with the pork and spoon over the dressing and any juices from resting the pork.

**Serves 4**



Use one of the fabulous artisan  
ciders produced in New Zealand  
for this rich, luscious sauce that  
goes so well with pork.



PORK STEAKS WITH APPLES,  
CIDER AND MUSTARD  
*[recipe next page]*



PORK STIR-FRY WITH  
OYSTER SAUCE, TOMATOES  
AND CASHEW NUTS

## Pork Stir-Fry with Oyster Sauce, Tomatoes and Cashew Nuts

*Stir-fries are one of the quickest dinners to put on the table. The key is to have all the prep done before a single ingredient hits the pan and to keep the wok or sauté pan very hot throughout every step.*

500 grams pork fillet	2 cloves garlic, crushed
2 teaspoons cornflour	<b>To cook</b>
1 teaspoon vegetable oil	2 tablespoons vegetable oil
sea salt and freshly ground pepper	1 large red onion, thinly sliced
<b>Sauce</b>	2 medium ripe tomatoes, roughly chopped
¼ cup soy sauce	½ cup roasted cashew nuts, roughly chopped
2 teaspoons cornflour	2 tablespoons chopped coriander
¼ cup mirin	<b>To serve</b>
¼ cup rice wine vinegar	hot cooked rice
2 tablespoons oyster sauce	small handful coriander
2 teaspoons fish sauce	micro salad leaves, optional
1 teaspoon sugar	

Trim the pork of any sinew and slice very thinly. Place on a large plate and sprinkle over the cornflour then the oil. Season well then toss together. Set aside.

**Sauce:** Combine 1 tablespoon of the soy and the cornflour in a bowl until smooth then stir in the remaining soy and all the remaining ingredients.

**To cook:** Heat half the oil in a wok or large sauté pan until very hot. Add a third of the pork in a single layer and cook for 1 minute over a high heat turning halfway through. Remove to a plate and cover to keep warm. Repeat with the remaining oil and pork, adding to the plate as cooked. *Don't let the base of the wok or pan catch and burn.*

Add the onion and a splash of water if needed and cook for 2 minutes. Give the sauce a stir then tip into the wok and let it bubble up and simmer for 2 minutes. Stir in the tomatoes, cook for 1 minute then tip in the pork with any meat juices, the cashew nuts and coriander.

**To serve:** Divide the pork and rice between bowls and top with coriander and salad leaves if using. **Serves 4**

*Mirin: see Glossary page 138*

## Pork Steaks with Apples, Cider and Mustard

*Use one of the fabulous artisan ciders produced in New Zealand for this rich, luscious sauce that goes so well with pork.*

4 pork scotch fillet steaks	2 cloves garlic, crushed
½ cup plain flour	¼ teaspoon ground ginger
sea salt and freshly ground pepper	pinch ground cinnamon
2 tablespoons olive oil	2 apples, peeled, cored and cut into thick wedges
knob of butter	1 teaspoon Dijon mustard
<b>Apples</b>	330ml apple cider
1 tablespoon oil	2 tablespoons chopped flat-leaf parsley
knob of butter	
1 onion, thinly sliced	

Using a sharp knife, lightly score the pork on both sides. Place the flour in a shallow dish and season. Dust the steaks, shaking off excess flour.

Heat the oil and butter in a large sauté pan and cook the steaks for about 4 minutes each side. *They should have a lovely golden crust on both sides.* Transfer to a plate, cover loosely and rest for 3 minutes.

**Apples:** Heat the oil and butter in a sauté pan and add the onion with a good pinch of salt. Cover and cook for 5 minutes. Add the garlic, spices and the apples and cook uncovered for 2 minutes. Add the mustard and cider, season and cook at a fast simmer until the apples are just tender and the sauce has reduced by half. Stir in the parsley.

**To serve:** Place the steaks on plates and spoon over the apples. Serve with cooked green beans and mashed potatoes.

**Serves 4**



STIR-FRIED PORK WITH PEANUTS AND MUSHROOMS

## Stir-Fried Pork with Peanuts and Mushrooms

*This Asian version of 'spag bol' has a drier-style meat sauce and is delicious topped with fresh cucumber and spring onions, with added crunch from peanuts.*

300 grams fresh wheat noodles	2 spring onions, thinly sliced
<b>Pork</b>	2 cloves garlic, crushed
2 tablespoons soybean paste	300 grams pork mince
1 tablespoon hoisin sauce	200 grams button mushrooms, finely chopped
2 tablespoons Shaoxing (Chinese cooking wine)	large handful beansprouts
2 teaspoons cornflour	<b>To serve</b>
2 cups chicken stock	½ cup chopped coriander
1 tablespoon peanut or vegetable oil	½ cup roasted peanuts, chopped
1 teaspoon sesame oil	1 cup thinly sliced cucumber
	1 spring onion, thinly sliced

**Noodles:** Cook the noodles according to the instructions on the packet. Drain and refresh in cold water then toss with a little vegetable oil. Set aside.

**Pork:** Combine the soybean paste, hoisin, Shaoxing and cornflour in a bowl then add the chicken stock and set aside.

Heat both the oils in a wok or large sauté pan until very hot. Add the spring onions, garlic, mince and mushrooms and cook over a high heat, breaking up the pork with a spoon. *Don't add extra oil as the mushrooms will start to release a lot of liquid.*

Cook, stirring constantly, until most of the liquid has evaporated. Add the soybean mixture and cook over a medium heat for about 10 minutes until reduced by half. Add the beansprouts and cook until wilted then add the noodles and toss together until well combined and the noodles are hot.

**To serve:** Stir half of the coriander and the peanuts into the noodles. Divide between serving bowls and top with the cucumber, spring onions and the remaining coriander and peanuts. **Serves 4**

*Shaoxing, hoisin, soybean paste: see Glossary page 138*



CHEESY HERB PORK SCHNITZEL WITH POTATO AND AVOCADO SALAD

## Cheesy Herb Pork Schnitzel

*These tender pork fillet schnitzels with their crispy cheese crumbs always disappear in record time and there never seem to be any leftovers.*

500 grams pork fillet	2 eggs, beaten
2½ cups fresh white breadcrumbs or panko crumbs	½ cup plain flour
100 grams Cheddar cheese, grated	sea salt and freshly ground pepper
small handful flat-leaf parsley, roughly chopped	<b>To cook</b>
	vegetable oil
	butter

Trim the silver skin off the pork fillet and cut into 3cm thick pieces.

Place cut side up between 2 pieces of plastic wrap and beat out to ½cm thick.

Put the breadcrumbs, cheese and parsley in a food processor and process until well combined.

Put the crumbs, eggs and flour in 3 separate shallow dishes and season each with salt and pepper.

Dust the schnitzels first in the flour then dip in the beaten egg, letting the excess drip off, then coat with the crumbs, pressing them on firmly. Cover and refrigerate if not cooking immediately.

Heat a large sauté pan with a little oil and a knob of butter and when the butter starts to foam cook the pork for 2–3 minutes each side until golden and crisp and just cooked through. *Don't have the heat too high or the cheesy crumbs will catch and burn.* Drain on kitchen towels. Keep warm in a low oven if cooking in batches.

**To serve:** Place on a platter and serve with the following potato salad and lemon wedges. **Serves 4–6**

*Panko crumbs: see Glossary page 138*

## Potato and Avocado Salad

200 grams slim green or yellow beans	<b>Dressing</b>
800 grams small red skinned potatoes	½ cup sour cream
1 avocado, sliced	2 tablespoons olive oil
2 spring onions, thinly sliced	2 tablespoons lemon juice
zest 1 lemon	1 teaspoon Dijon mustard
	1 clove garlic, crushed
	sea salt and freshly ground pepper

Cook the beans in a saucepan of boiling salted water until just tender. Remove with a slotted spoon and refresh in cold water. Drain and dry on kitchen towels.

Add the potatoes to the saucepan and cook until tender. Drain and when cool enough to handle, cut into wedges.

**Dressing:** Whisk all the ingredients together in a bowl and season.

**To serve:** Layer the potatoes, beans and avocado on the platter, drizzling with the dressing, spring onions and lemon zest. **Serves 4–6**



MERGUEZ SAUSAGE AND  
GREEN OLIVE TAGINE

## Merguez Sausage and Green Olive Tagine

*I've served this wonderfully aromatic tagine with hot couscous, cooked green beans and thick plain yoghurt with harissa. Wedges of roast pumpkin or kumara and a bowl of red onion and tomato salad would also be delicious.*

600 grams lamb merguez sausages	1 teaspoon each ground ginger and turmeric
2 tablespoons olive oil	½ teaspoon ground allspice
1 onion, thinly sliced	pinch chilli flakes
1 fennel bulb, thinly sliced, fronds reserved	3 cloves garlic, crushed
2 carrots, cut into thick batons	1 cup small green olives
2 cinnamon sticks	400 gram tin chickpeas, drained and rinsed
long strips zest from 1 lemon	2 cups vegetable or chicken stock
2 teaspoons each ground coriander and cumin	small handful coriander, chopped
	sea salt and ground pepper

Heat 1 tablespoon of the oil in a large sauté pan and quickly brown the sausages. Remove and place on kitchen towels. *They won't be fully cooked.*

Add the remaining oil to the pan and cook the onion, fennel, carrots, cinnamon sticks and lemon zest with a good pinch of salt for 15 minutes, stirring occasionally.

Add all the spices and the garlic and stir through the vegetables, adding a splash of water if the pan is too dry.

Cook for 2 minutes then return the sausages to the pan along with the olives, chickpeas and stock. Season and bring to the boil then reduce the heat and simmer gently for 20 minutes.

Stir in the coriander and reserved fennel fronds just before serving. Serves 4–6

## Lamb Ragu with Penne Pasta

*Weeknight dinners don't always allow for long, slow cooking, so this ragu relies on the bacon and soy sauce to give a rich flavour in a shorter cooking time.*

1 tablespoon olive oil	1 tablespoon tomato paste
1 onion, finely chopped	1 tablespoon soy sauce
100 grams bacon, finely chopped	2 × 400 gram tins crushed tomatoes
2 cloves garlic, crushed	small handful parsley, finely chopped
2 teaspoons finely chopped rosemary	sea salt and freshly ground pepper
pinch chilli flakes	<b>To serve</b>
½ teaspoon ground fennel	400 grams dry penne pasta, cooked and hot
400 grams lamb mince	
½ cup white or red wine	Parmesan for grating

Heat the oil in a large saucepan and cook the onion with a good pinch of salt until tender. Add the bacon, garlic, rosemary, chilli flakes and fennel and cook for 5 minutes, stirring frequently.

Add the mince, breaking up with a wooden spoon so there are no large lumps. Cook for 5 minutes, stirring constantly.

Add the wine and let it bubble up until it has all been absorbed. Stir in the tomato paste and soy then add the tomatoes. Season well and bring to the boil. Reduce the heat and cook at a fast simmer for 20 minutes until reduced but not too thick. Stir in the parsley.

**To serve:** Add the hot, cooked pasta to the sauce and gently combine. Tip into a large serving bowl and top with grated Parmesan. Serves 4

**COOK'S TIP:** If, at the end of cooking, you still have quite big lumps of mince in the sauce, use a potato masher to achieve a smoother texture.



LAMB RAGU WITH  
PENNE PASTA  
*[recipe previous page]*



## Quick Lamb Kofta Curry

*This aromatic, warming curry takes no time at all when using lamb mince for the tender kofta. Purchased spice pastes are a great store-cupboard essential and make a quick full-flavoured base for this great family meal.*

Kofta	1 teaspoon each ground ginger and turmeric
400 grams lamb mince	
1 × 400 gram tin brown lentils, drained and rinsed	3 tablespoons purchased Tikka Masala paste
2 teaspoons ground garam masala	⅓ cup water
2 cloves garlic, crushed	1 × 400 gram tin crushed tomatoes
sea salt and freshly ground pepper	1 cup coconut cream
Sauce	Serving suggestions:
1 tablespoon olive oil	hot cooked rice, toasted coconut, crispy shallots, coconut cream, mint or coriander, lime or lemon wedges
1 large onion, sliced thinly	
2 cloves garlic, crushed	

**Kofta:** Put all the ingredients in a large bowl and season generously. Use your hands to mix everything together until the lentils are really well combined with the mince. Form into 16 small logs about 6cm long.

Heat a little olive oil in a sauté pan and brown the kofta on all sides. *Do this in batches if necessary.* Transfer to a plate. *Don't wash the sauté pan.*

**Sauce:** Add the olive oil to the pan if needed and cook the onion with a good pinch of salt for 5 minutes. Stir in the garlic, spices, paste and the water. Bring to the boil then simmer for 5 minutes. Add the tomatoes and coconut cream and bring back to the boil. Simmer for 5 minutes then add the kofta and any juices and simmer for another 5 minutes or until the kofta are fully cooked.

**To serve:** Spoon the kofta and sauce over hot rice and top with garnishes of choice. Serves 4–6

*Garam masala: see Glossary page 138*



LAMB STEAKS WITH ROASTED  
CAPSICUM PIRI PIRI SALSA AND  
CHICKPEA AND HERB SALAD  
*[recipe next page]*



TANDOORI LAMB WITH  
COCONUT RICE

## Tandoori Lamb with Coconut Rice

*If time permits, marinate the lamb the night before. Thinly sliced beef can also be used if desired.*

800 grams boneless lamb steaks	½ teaspoon ground turmeric
2 tablespoons tandoori paste	¼ teaspoon ground cinnamon
1 tablespoon tomato paste	¼ cup sliced almonds
2 tablespoons lemon juice	¼ cup shredded coconut
2 tablespoons vegetable oil	1¼ cups basmati rice
Coconut rice	2½ cups chicken or vegetable stock
2 tablespoons vegetable oil	sea salt and freshly ground pepper
1 onion, finely chopped	
2 cloves garlic, crushed	
2 teaspoons grated fresh ginger	16 × 20cm wooden skewers

Trim the lamb of any fat and slice thinly against the grain.

Combine all the remaining ingredients in a bowl, season and add the lamb, turning to coat well.

Thread onto skewers then cover and refrigerate if not using immediately.

**Coconut rice:** Heat the oil in a medium saucepan and cook the onion, garlic and ginger until tender.

Add the turmeric, cinnamon, almonds and coconut and cook for 1 minute.

Add the rice and stock, season and bring to the boil. Cover tightly, reduce the heat to low and cook for 15 minutes without lifting the lid. Turn off and leave the rice covered for 10 minutes. Fluff up with a fork.

**To cook:** Season the lamb skewers and cook in a hot sauté pan or on a ridged grill until golden but still a little pink in the centre – this will only take about 1 minute each side if the meat was thinly sliced.

**To serve:** Divide the rice between plates and top with the skewers. Serve with yoghurt, sliced cucumber and tomato and warm flat-breads Serves 4

**COOK'S TIP:** I love serving crispy tikha gathiya with Indian food. Made from chickpea flour, they add a lovely crunch and spice to dishes. Find them at Indian, Asian and other good food stores.

## Lamb Steaks with Roasted Capsicum Piri Piri Salsa

*Sweet roasted capsicums spiked with smoky paprika and a little chilli combine to make one of my favourite toppings. I use it with most meats, on burgers and open sandwiches and piled onto baked potatoes and grain salads.*

4 boneless lamb leg steaks	Salsa
olive oil	2 roasted red capsicums, seeded and thinly sliced
sea salt and freshly ground pepper	3 tablespoons olive oil
1 tablespoon thyme leaves or 1 tablespoon finely chopped rosemary	1 tablespoon red wine vinegar
	½ teaspoon smoked paprika
	½ teaspoon chilli flakes
	2 cloves garlic, crushed
	sea salt

**Salsa:** Whisk the oil, vinegar, paprika, chilli and garlic together in a bowl and season with salt. Stir in the capsicums.

**Lamb:** Trim the steaks of fat and any sinew. Using a very sharp knife, lightly score both sides of each steak. *This helps the lamb cook evenly.* Drizzle over a little olive oil, salt and pepper and the thyme leaves then rub into both sides.


Heat a sauté pan until hot then cook for 3–4 minutes each side. Transfer to a plate, cover loosely and keep warm.

**To serve:** Slice the lamb against the grain and top with a spoonful of the salsa and drizzle over the meat resting juices. Serve with the following chickpea and herb salad. Serves 4

## Chickpea and Herb Salad

1 × 400 gram tin chickpeas, drained and rinsed	small handful soft herbs, chopped (use any combination of basil, coriander, flat-leaf parsley or dill)
½ small telegraph cucumber, halved and thinly sliced	
2 spring onions, thinly sliced	2 tablespoons roasted capsicum piri piri salsa from above

Combine all the ingredients in a bowl.



LAMB CUTLETS WITH SICILIAN  
SALSA, BROCCOLINI AND  
BORLOTTI BEANS

\*  
The sweet and sour flavours in  
the salsa pair beautifully with  
most meats and it's also great with  
grilled leeks, eggplant and fish.

## Lamb Cutlets with Sicilian Salsa, Broccolini and Borlotti Beans

12 lamb cutlets	Salsa
1 tablespoon olive oil	2 tablespoons sultanas or raisins
sea salt and freshly ground pepper	4 anchovy fillets
400 grams broccolini, blanched	1 tablespoon capers
1 × 400 gram tin borlotti beans, drained and rinsed	2 cloves garlic, crushed
½ small red onion, sliced very thinly	2 tablespoons pine nuts
	zest and juice ½ lemon
	4 tablespoons olive oil
	1 tablespoon chopped flat-leaf parsley

**Salsa:** Put the sultanas, anchovies, capers, garlic and pine nuts on a chopping board. Chop together to make a rough paste. Place in a bowl and stir in the lemon zest, juice and oil. Season with pepper and add the parsley just before serving.

**Lamb:** Heat a sauté pan with a little oil. Season the cutlets and cook for 2–3 minutes each side. *Cooking time will depend on the thickness of the lamb.*

**To serve:** Place the broccolini on plates and scatter over the borlotti beans and red onion. Drizzle with a little olive oil. Place the cutlets alongside and spoon over the salsa. Serve with lemon wedges if desired. Serves 4



LAMB STEAKS WITH EGGPLANT AND CHICKPEA SALAD  
[recipe next page]

## Cajun Lamb Meatballs with White Beans

*Serve these tender, rustic one-pot meatballs with lots of crusty bread for mopping up the juices and a fresh green salad. Some Cajun spice mixes are very fiery, so add according to taste.*

Meatballs	1 stalk celery, thinly sliced
500 grams lamb mince	2 cloves garlic, crushed
1 egg	½–1 teaspoon
1 cup fresh white breadcrumbs	Cajun spice mix
1–2 teaspoons	1 × 400 gram tin whole cherry tomatoes
Cajun spice mix	2 × 400 gram tins cannellini beans, drained and rinsed
2 tablespoons finely chopped coriander	1 cup chicken stock
1 teaspoon sea salt	Sauce
1 onion, thinly sliced	sea salt and freshly ground pepper

**Meatballs:** Combine all the ingredients in a large bowl and season with salt. Roll into walnut-sized balls. Heat one tablespoon of oil in a large sauté pan and brown the meatballs. Transfer to a plate and set aside. The meatballs won't be fully cooked. *Don't rinse the pan.*

**Sauce:** Add the onion, celery, garlic and spice mix to the same pan and cook until soft, adding a splash of water if needed. Stir in the tomatoes and cannellini beans.

Add the stock then nestle in the meatballs. Bring to the boil then reduce the heat and simmer gently for 10 minutes until the meatballs are cooked through. Serves 4–6



CAJUN LAMB MEATBALLS WITH WHITE BEANS



LAMB RUMP WITH ROASTED  
CARROT AND MINT SALAD

## Lamb Rump with Roasted Carrot and Mint Salad

*Tender lamb rumps make the perfect mid-week roast and the roasted carrots are a perfect match. Just use regular carrots cut into thick batons if baby versions aren't available.*

3 lamb rumps, about 750 grams in total	2 tablespoons shredded fresh mint
1 teaspoon ground cumin	<b>Dressing</b>
sea salt and freshly ground pepper	3 tablespoons olive oil
	1 tablespoon red wine vinegar
<b>Carrot salad</b>	½ teaspoon curry powder
2 bunches baby carrots (or however many are required to serve)	½ teaspoon ground cumin
2 tablespoons olive oil	¼ teaspoon ground cinnamon
sea salt and freshly ground pepper	1 clove garlic, crushed
½ cup skin on roasted almonds, roughly chopped	2 tablespoons currants

Preheat the oven to 180°C.

**Carrots:** Trim the tops off the carrots and peel or scrub them. Place on a baking tray and toss with the oil and season. Roast for 20–30 minutes until just tender. *Cooking time will depend on the size of the carrots.*

**Dressing:** Put all the ingredients in a small saucepan and place over a low heat until it just begins to sizzle then cook for 30 seconds. *The dressing will look separated.* Cool.

**Lamb:** Season the lamb with the cumin, salt and pepper.

Heat a little oil in an ovenproof sauté pan and when hot, sear the lamb on all sides. Place in the oven and roast for 15–20 minutes for medium rare lamb. *Cooking time will depend on the thickness of the lamb.* Transfer to a plate, cover loosely and rest for 5 minutes.

**To serve:** Put the dressing in a large bowl and toss with the carrots, almonds and mint. Slice the lamb thinly against the grain and serve with the carrot salad. Serves 4

## Lamb Steaks with Eggplant and Chickpea Salad

*The lamb and eggplant can also be cooked on the barbecue to give them a lovely smoky flavour. Use the flat plate for the eggplant, or cut into thick slices and chop roughly when cooked.*

600 grams boneless lamb leg steaks	½ teaspoon ground cumin
olive oil	2 cloves garlic, crushed
1 teaspoon ground cumin	½ cup sundried tomatoes, thinly sliced
½ teaspoon ground turmeric	1 × 400 gram tin chickpeas, drained and rinsed
1 large eggplant cut into 3cm pieces	small handful mint or coriander leaves
sea salt and freshly ground pepper	1 cup hummus
<b>Salad</b>	<b>To serve</b>
3 tablespoons olive oil	roasted nuts, optional (I used almonds)
1 tablespoon lemon juice	warm pita breads, optional

Preheat the oven to 180°C.

Trim the lamb of excess fat. Toss with a little oil, the cumin and turmeric and place on a large baking tray. Place the eggplant alongside and toss with a little oil. Season the lamb and eggplant generously with salt and pepper. Roast for 15 minutes.

If the lamb is just cooked through, remove and set aside, covered to keep warm. *Cooking time will depend on the thickness of the lamb.* Turn the eggplant over and continue to cook until tender.

**Salad:** Whisk the oil, lemon juice, cumin and garlic together in a large bowl and season. Add the eggplant, tomatoes and chickpeas and toss together.

**To serve:** Add the herbs to the salad and divide the salad and hummus between the plates.

Slice the lamb against the grain and place alongside the salad along with any resting juices. Drizzle over a little olive oil, top with the nuts and a grind of pepper. Serve with the pita breads if using. Serves 4

GREEN OLIVE, BEEF  
AND CHERRY TOMATO PASTA



## Green Olive, Beef and Cherry Tomato Pasta

*The capers and olives add a lovely freshness to the meat sauce, along with the little burst from the fresh tomatoes.*

350 grams dried pasta (I used a shape called 'caserecce')	½ cup water
<b>Sauce</b>	1 teaspoon beef stock powder
2 tablespoons olive oil	16 stuffed green olives, halved
1 onion, finely chopped	2 tablespoons capers
1 carrot, peeled and grated	1 punnet cherry tomatoes
2 cloves garlic, crushed	small handful flat-leaf parsley, chopped
2 teaspoons dried oregano	sea salt and freshly ground pepper
½ teaspoon dried chilli flakes	
500 grams beef mince	<b>To serve</b>
400ml jar tomato pasta sauce	Parmesan for shaving

**Sauce:** Heat the oil in a large sauté pan and add the onion, carrot, garlic, oregano and chilli with a good pinch of salt. Cover and cook until the onion is tender, stirring occasionally. Add the beef and cook for a few minutes, breaking it up so there are no large pieces.

Stir in the pasta sauce, water, stock powder, olives and capers and bring to the boil. Simmer gently for 15 minutes then add the cherry tomatoes and cook until the tomatoes just start to split and soften. Stir in the parsley.

**Pasta:** Cook the pasta in a large saucepan of boiling salted water until al dente. Drain and toss with a little olive oil.

**To serve:** Divide the pasta between serving bowls and spoon over the sauce. Top with shaved Parmesan, a drizzle of olive oil and freshly ground pepper. **Serves 4**

## Beef Salad with Palm Sugar Dressing

600 grams sirloin or rib eye steak	<b>Salad</b>
<b>Dressing</b>	1 large carrot, peeled
¼ cup rice vinegar	1 small telegraph cucumber
½ cup shaved palm sugar	100 grams baby spinach
2 tablespoons lime juice	2 cups finely shredded red cabbage
1 tablespoon fish sauce	2 handfuls bean sprouts
1 tablespoon soy sauce	2 spring onions, thinly sliced on the diagonal
1 clove garlic, crushed	¼ cup Vietnamese mint or regular mint
¼ teaspoon chilli powder, optional	½ cup crisp roasted shallots
2 tablespoons sweet chilli sauce	
1 tablespoon vegetable oil	

**Dressing:** Put the vinegar and sugar in a small saucepan over a low heat and stir to dissolve the sugar. Bring to the boil and cook for 3 minutes until syrupy. Tip into a bowl and whisk in the remaining ingredients. Pour half the dressing into a shallow dish large enough to hold the cooked steak in a single layer. Reserve the remaining dressing.

**Beef:** Rub the steak with a little oil and season generously. Grill on a preheated barbecue or cook in a sauté pan for 2–3 minutes each side then place in the dish with the dressing and leave for at least 10 minutes, turning a couple of times.

**To assemble:** Shave the carrot into thin strips with a vegetable peeler. Halve the cucumber and scrape out the seeds with a teaspoon. Slice thinly on the diagonal.

Remove the steak from the dressing and slice thinly across the grain. Return the sliced meat to the dish and toss to coat in the dressing.

Put all the salad ingredients and half the shallots in a large bowl and toss with the reserved dressing. Lift the beef out of the dressing and toss with the salad. Divide between serving bowls and scatter with the remaining shallots and extra Vietnamese mint if desired. **Serves 4–6**



BEEF AND SMOKED  
CHEDDAR BURGER

## Beef and Smoked Cheddar Burger

*The two most important tips for a great burger: use really good quality beef mince with a decent fat content, and don't work the mixture too much, otherwise you'll end up with a dense, hard burger instead of a big juicy one!*

Burger	To assemble
800 grams good beef mince	4 buns, halved and toasted
2 tablespoons tomato paste	8 slices smoked Cheddar cheese
2 tablespoons oyster sauce	12 slices pancetta or streaky bacon, cooked until crisp
1 teaspoon sesame oil	mayonnaise
2 cloves garlic, crushed	crisp lettuce leaves
2 egg yolks	sliced tomatoes
sea salt and freshly ground pepper	beer braised onions (recipe below, if using)

**Burger:** Place all the ingredients in a bowl, season with salt and pepper and mix together gently, but thoroughly. Shape into 4 patties about 2cm thick and chill for 30 minutes.

Heat a little oil in a sauté pan and cook the burgers for 4 minutes.

Flip the burgers over and cook for 2–3 minutes then top with the cheese. Cover and cook until the cheese has melted and the burgers are just cooked through.

**To assemble:** Spread the buns with mayonnaise then top with lettuce, tomato, beef pattie, onions and pancetta. **Makes 4**

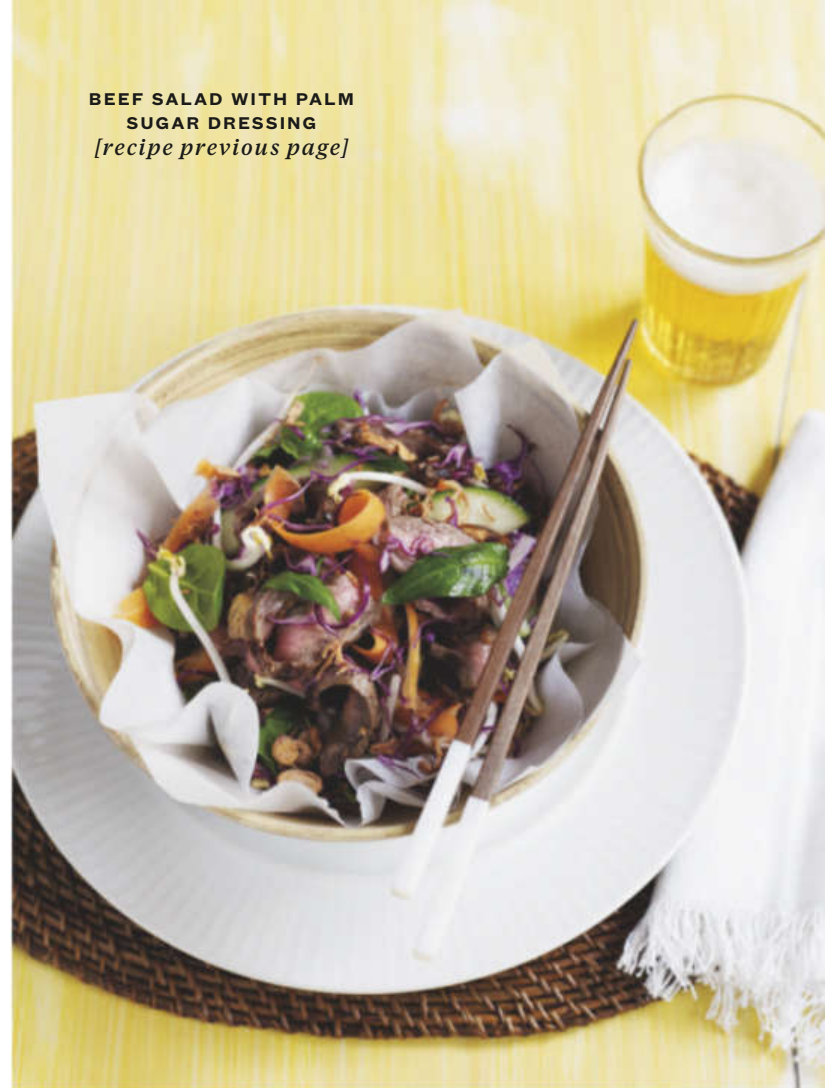
## Beer and Hoisin Braised Onions

*Use a rich, smoky but not bitter beer that will work with the hoisin to give the onions a great barbecue sauce flavour.*

2 tablespoons vegetable oil	½ cup dark beer
small knob of butter	1 tablespoon tomato paste
4 large brown onions, peeled and sliced	1 tablespoon soy sauce
2 tablespoons brown sugar	¼ teaspoon dried chilli flakes
2 cloves garlic, crushed	sea salt and freshly ground pepper
¼ cup hoisin sauce	

Heat the oil and butter in a large sauté pan and add the onions with a good pinch of salt. Cook for 10 minutes then stir in the brown sugar. Whisk the garlic, hoisin, beer, tomato paste, soy sauce and the chilli flakes together in a bowl and add to the onions. Cook gently for about 15 minutes until reduced and glossy, stirring occasionally. **Makes about 2 cups**

## BEEF SALAD WITH PALM SUGAR DRESSING [recipe previous page]



## RUMP STEAK WITH RAW BEETROOT, RED CABBAGE AND LENTIL SALAD [recipe next page]



SCOTCH FILLET STEAKS  
WITH MOZZARELLA AND  
AVOCADO SALAD



## Scotch Fillet Steaks with Mozzarella and Avocado Salad

Have dinner on the table in 15 minutes. Perfectly cooked steaks served with juicy tomatoes, rich avocado and silky mozzarella – *delish*.

4 × scotch fillet steaks	250 gram ball fresh mozzarella in whey, drained
olive oil	2 large tomatoes, sliced
sea salt and freshly ground pepper	8 cherry tomatoes, halved
<b>Salad</b>	2 avocados, peeled and quartered
¼ cup thick plain yoghurt	small handful basil leaves
2 tablespoons olive oil	
1 clove garlic, crushed	

Rub the steaks with a little olive oil and season generously.

Heat a sauté pan or barbecue and, when hot, cook the steaks for 3–4 minutes each side or until done to your liking. Transfer to a plate and rest for 3 minutes.

**Salad:** Combine the yoghurt, oil and garlic in a shallow bowl and season. Tear the mozzarella into pieces and toss through the yoghurt.

**To serve:** Slice the steaks and arrange on plates, pouring over the meat resting juices. Put the tomatoes and avocado alongside. Spoon the mozzarella and yoghurt over the top and scatter with the basil. Top with a drizzle of olive oil and a grind of pepper. **Serves 4**

## Rump Steak with Raw Beetroot, Red Cabbage and Lentil Salad

Serve this vibrant, healthy salad alongside a juicy steak. Any leftovers make a delicious lunch the next day.

800 grams rump steak, scotch or sirloin	1 large beetroot, peeled
olive oil	2 cups thinly shredded red cabbage
sea salt and freshly ground pepper	1 × 400 gram tin brown lentils, drained and rinsed
<b>Salad</b>	150 grams fresh white cheese of choice, such as feta, fresh mozzarella or ricotta
3 tablespoons olive oil	
2 tablespoons pesto	
1 tablespoon white wine vinegar	

**Salad:** Whisk the oil, pesto and vinegar together in a large bowl. Grate the beetroot on the large holes of a box grater and combine with the red cabbage and the dressing.

**Steak:** Rub the steaks with oil and season well. Cook in a hot pan for 2–3 minutes each side or until done to your liking. *Cooking time will depend on the thickness of the steaks.*

**To serve:** Toss the lentils through the salad to combine. Divide between plates and scatter over the cheese. Slice the steaks thinly on the diagonal and serve alongside the salad. **Serves 4**

## Beef Kebabs with Coconut Relish

Serve these tasty kebabs with warm, purchased naan breads.

600 grams beef sirloin, cut into 2cm cubes	2 tablespoons chopped roasted peanuts
<b>Marinade</b>	2 tablespoons desiccated coconut
½ cup coconut cream	½ teaspoon ground cumin
½ cup roasted peanuts	2 teaspoons lime juice
1 teaspoon ground cumin	1 tablespoon vegetable oil
1 tablespoon brown sugar	sea salt and freshly ground pepper
1 tablespoon sweet chilli sauce	<b>To serve</b>
2 cloves garlic, crushed	thick plain yoghurt
1 tablespoon soy sauce	4–6 warm naan breads
<b>Coconut relish</b>	
½ cup packed coriander	8–10 skewers (if using wooden ones, soak in cold water for 20 minutes)
pinch chilli flakes	

**Marinade:** Put all the ingredients in a food processor and blend until finely chopped. Pour over the beef and turn to coat well. Thread loosely onto skewers and barbecue over a medium high heat for about 2 minutes each side or until done to your liking.

**Relish:** Place all the ingredients in a food processor and pulse until just combined. Season.

**To serve:** Place the kebabs on a serving platter with bowls of yoghurt, the coconut relish and warm naan breads. **Serves 4–6**



BEEF KEBABS WITH  
COCONUT RELISH  
*[recipe previous page]*

## Mince on Toast

*The Italians spoon mince over pasta, Kiwis pile it onto toast. It was a regular dish when I was growing up and my mother would always make a double recipe (her secret was adding a glass or two of red wine), and with a bit of imagination it appeared as a completely different meal later in the week.*

600 grams good beef mince	2 cloves garlic, crushed
1 tablespoon olive oil	1½ cups beef stock
1 onion, finely chopped	sea salt and freshly ground pepper
1 carrot, finely chopped	small handful flat-leaf parsley, finely chopped
1 stick celery, thinly sliced	<b>To serve</b>
2 tablespoons tomato paste	wilted spinach or silverbeet (optional)
2 teaspoons Dijon mustard	toasted ciabatta
2 tablespoons Worcestershire sauce	fried or poached eggs (optional)
1 tablespoon red wine vinegar	tomato relish
1 teaspoon brown sugar	

Heat the oil in a large sauté pan and cook the onion, carrot and celery with a good pinch of salt until very tender and lightly golden. Add the mince, breaking it up so there are no large lumps and cook for 5 minutes. Increase the heat and stir in the tomato paste. Cook for 1 minute then add the mustard, Worcestershire sauce, vinegar, sugar and garlic and combine well.

Add the stock and season well. Bring to the boil then simmer briskly for about 10 minutes, stirring occasionally until reduced and glossy. *At this point I like to roughly crush the mixture with a potato masher as it makes for a finer textured mince and brings the flavours together.*

**To serve:** Pile straight onto buttered toast or top the toast with wilted greens then the mince, a fried or poached egg and a spoonful of relish. **Serves 4**



MINCE ON TOAST

## BEEF AND SALAD WRAPS WITH GINGER AND CHILLI DRESSING *[recipe next page]*



ASIAN GLAZED STEAK  
AND RICE



## Asian Glazed Steak and Rice

*Sugar and soy are delicious in marinades, but can make the marinated meat catch and burn quite quickly. To avoid this, I like to make the glaze separately and add it to the cooked steak, then serve the remaining glaze on the side.*

4 × 180 gram steaks (use rump, sirloin or rib-eye)	2 tablespoons oyster sauce
vegetable oil	2 tablespoons sesame oil
sea salt and freshly ground pepper	1 tablespoon brown sugar
<b>Glaze</b>	½ teaspoon cornflour
1 tablespoon vegetable oil	2 tablespoons water
1 tablespoon grated fresh ginger	<b>To serve</b>
2 cloves garlic, crushed	hot cooked rice
¼ cup soy sauce	any or all of the following for garnish: sliced spring onions, toasted sesame seeds, crispy fried onions, sliced red chilli and coriander
2 tablespoons lemon juice	

**Glaze:** Heat the oil, ginger and garlic in a small saucepan and cook for 1 minute until fragrant. Add the soy sauce, lemon juice, oyster sauce, sesame oil and the sugar. Bring to a boil over medium-high heat. Combine the cornflour and water, mix until smooth and stir into the soy mixture. Bring to the boil and simmer for 2 minutes. Set aside.

**Steak:** Brush the steaks with a little oil and season both sides. Cook on a hot preheated grill plate or in a sauté pan for 2–3 minutes each side or until done to your liking. Transfer the steaks to a warm plate. Brush each steak with a spoonful of the glaze and leave to rest for 3 minutes.

**To serve:** Place the rice on plates. Slice the steaks against the grain and place on the rice. Spoon the resting juices over the steaks with a spoonful of the glaze. Scatter over the garnishes of choice. **Serves 4**

## Beef and Salad Wraps with Ginger and Chilli Dressing

*You could also use pork fillet or chicken thighs instead of the steak and try vermicelli noodles instead of rice.*

500 grams rump steak	1 teaspoon lime juice
2 teaspoons vegetable oil	2 tablespoons finely diced carrot
salt and freshly ground pepper	<b>To serve</b>
<b>Dressing</b>	⅓ cup cashew nuts, roasted
1 tablespoon grated fresh ginger	1 small bunch coriander
½ cup rice wine vinegar	2 cos lettuces, leaves separated
¼ cup caster sugar	½ telegraph cucumber, thinly sliced
2 tablespoons fish sauce	2 cups grated carrot
½ teaspoon dried chilli flakes	hot cooked rice

**Dressing:** Place all the ingredients, except the lime juice and carrot, in a saucepan and bring to the boil. Simmer for 5 minutes then set aside to cool for 5 minutes. Add the lime juice and carrot.

**Beef:** Rub the steaks with the oil and season. Cook on a hot ridged grill or sauté pan for 2–3 minutes each side or until done to your liking. Transfer to a plate and rest for 5 minutes. Slice thinly and toss with the meat juices.

**To serve:** Chop the cashew nuts and coriander together and toss half through the sliced beef. Put the remaining mixture into a small bowl. Arrange the lettuce, cucumber and carrots on plates and spoon the beef into the lettuce cups. Serve with the hot rice and the ginger dressing. **Serves 4**



RUMP STEAK WITH  
POTATO AND HERB SALAD  
*[recipe next page]*

**STEAK AND GREEN SALSA TACOS**  
*[recipe next page]*



## Rump Steak with Potato and Herb Salad

*This is my go-to potato salad recipe as it's fantastic with just about everything: fish, meat and cold cuts.*

800 grams rump steak or cut of choice	1 tablespoon lemon juice
olive oil	1 teaspoon Dijon mustard
sea salt and ground pepper	¼ cup sliced cornichons or gherkins
<b>Salad</b>	2 tablespoons capers
500 grams small waxy potatoes, scrubbed	2 spring onions, sliced thinly
3 tablespoons olive oil	1 cup picked parsley leaves

**Salad:** Cook the potatoes in boiling salted water until tender. Drain and run under cold water until cool enough to handle. Peel and cut into rough chunks. Whisk the oil, lemon juice and mustard in a large bowl and season well. Add the potatoes, along with all the remaining ingredients, and toss together.

**Steak:** Rub the steaks with a little oil and season. Cook in a hot sauté pan for 2–3 minutes each side or until done to your liking. *Cooking time will depend on the thickness of the steaks.* Cover lightly and rest for 3 minutes.

**To serve:** Place the steaks on plates and top with the salad. Serve with Dijon mustard if desired. **Serves 4**

## Steak and Green Salsa Tacos

*I like to use some of the zingy salsa to brush over the steaks when cooked. Once sliced, toss the meat with the resting juices for maximum flavour.*

<b>Salsa</b>	<b>Tacos</b>
½ cup each well packed coriander and parsley including some tender stalks	600 grams steak (use scotch, rump or sirloin)
2 cloves garlic, crushed	8 soft flour tacos, warm
pinch chilli flakes	2–3 cups finely shredded red or green cabbage
½ teaspoon ground cumin	1–2 avocados, sliced
2 tablespoons lemon or lime juice	2 tomatoes, finely diced
4 tablespoons olive oil	mayonnaise, hot sauce and lime wedges for serving
1–2 teaspoons honey	
sea salt and ground pepper	

**Salsa:** Place all the ingredients in a food processor or blender, season well and blitz until smooth and bright green.

Rub both sides of the steaks with olive oil, salt and pepper. Cook in a hot sauté pan for 2–3 minutes each side or until done to your liking.

Transfer to a plate and brush both sides with a little of the salsa. Rest for 2 minutes then slice thinly against the grain.

**To serve:** Spread each warm taco with a little mayonnaise and hot sauce if using then layer up with cabbage, avocado, steak and tomatoes. Drizzle with the meat juices from the steak, a dollop of salsa and a squeeze of lime. Fold over and eat immediately. **Makes 8**

## Hotdogs with Caraway and Pale Ale Onions

*Who doesn't like hot dogs? And topped with rich braised onions and a zingy chilli salsa they're even more delicious!*

6 kransky sausages (I used Harringtons Cheese and Beer Kransky)	<b>Onions</b>
4 good quality frankfurters	2 teaspoons olive oil
1 tablespoon oil	2 tablespoons butter
long bread rolls	3 large onions, thinly sliced
selection of mustards to serve	1 teaspoon caraway seeds
	2 tablespoons muscovado sugar
	2 cloves garlic, crushed
	330ml bottle pale ale
	sea salt and freshly ground pepper

**Onions:** Heat the oil and butter in a sauté pan and add the onions and caraway seeds with a good pinch of salt. Cover and cook over a medium heat for 10 minutes, stirring occasionally until tender and lightly golden.

Sprinkle over the sugar and garlic and cook uncovered for 1–2 minutes until the sugar has melted and started to caramelize.

Increase the heat, add the beer and bring to a boil.

Simmer for about 15 minutes until the onions are golden, the beer has evaporated and the onions are a deep golden colour.

**Sausages:** Heat the oil in a sauté pan and cook the kransky on all sides until golden and cooked through. Drain on kitchen towels. Heat the frankfurters in boiling water until hot.

**To serve:** Brush the inside of the rolls with mustard then fill with a sausage and onions and top with a spoonful of chilli salsa (recipe below) if using. **Makes 10 hot dogs**

*Muscovado sugar: see Glossary page 138*

## Chilli Salsa

2 spring onions	2 teaspoons olive oil
1 long red chilli	2 teaspoons red wine vinegar
2 tablespoons chopped parsley	sea salt

Thinly slice the spring onions and chilli then combine with the remaining ingredients.

HOTDOGS WITH CARAWAY  
AND PALE ALE ONIONS  
WITH CHILLI SALSA





BARBECUED RUMP STEAK WITH  
CHIMICHURRI SAUCE

## Barbecued Rump Steak with Chimichurri Sauce

*This vivid green sauce made with fresh herbs, garlic and olive oil is delicious served with barbecued meats, fish and vegetables. Try using a herb or smoked salt on the steak to add another dimension.*

800 grams rump steak	¼ cup mint, finely chopped
2 teaspoons sea salt	2 cloves garlic, crushed
freshly ground pepper	½ teaspoon smoked paprika
<b>Chimichurri sauce</b>	¼ teaspoon ground cumin
½ cup flat-leaf parsley, finely chopped	pinch chilli flakes
¼ cup coriander, finely chopped	2 tablespoons red wine vinegar
	⅓ cup olive oil

**Chimichurri sauce:** Combine all the ingredients in a bowl and season.

Rub both sides of the steak with olive oil, salt and pepper.

Preheat a barbecue or grill pan and cook the steak for 4 minutes each side or until done to your liking. Transfer to a large plate and rest for 5 minutes.

**To serve:** Slice the rump thinly against the grain and drizzle with some of the chimichurri sauce and any resting juices. Serve with the remaining chimichurri, a green salad, cherry tomatoes and crusty bread rolls. **Serves 4**



## Greek Flatbreads with Caramelized Onions, Beef and Green Olives

3 tablespoons olive oil	16 green olives
3 large red onions, thinly sliced	100 grams feta, crumbled
2 cloves garlic, crushed	2 × 25cm Turkish bread pizza bases
1 tablespoon finely chopped rosemary, plus extra to cook	<b>To serve</b>
1 tablespoon brown sugar	¾ cup plain yoghurt
1 tablespoon balsamic or red wine vinegar	2 tablespoons tahini
200 grams beef mince	2 tablespoons lemon juice
	2 large tomatoes, diced
	1 cos lettuce, shredded

Preheat the oven to 200°C.

Heat the oil in a large sauté pan and add the onions, garlic and rosemary. Season then cover and cook for 10 minutes over a low heat, stirring occasionally. Uncover and stir in the sugar and vinegar. Cook uncovered until the onions are tender and glossy. Transfer to a bowl and set aside. *Don't wash the pan.*

Add the mince to the sauté pan, season and cook over a high heat until browned, breaking it up with the back of a spoon. Combine with the onions.

**To cook:** Place the pizza bases on a flat baking tray and spread with the mince mixture. Top with the olives and feta and sprinkle with a few rosemary leaves. Bake for 10–12 minutes until the bases are crisp and the feta lightly golden.

**To serve:** Whisk the yoghurt, tahini and lemon juice in a bowl and season. Transfer the flatbreads to a board and cut into wedges. Top with the tomatoes and lettuce and drizzle with the yoghurt sauce. **Serves 4**

HOISIN-GLAZED FISH WITH  
SHIITAKE MUSHROOMS  
AND EGG NOODLES



## Hoisin-Glazed Fish with Shiitake Mushrooms and Egg Noodles

Wrapping and baking the fish in paper retains the juices, which mingle with the lovely hoisin glaze to give you a light and easy one-dish meal.

<b>Noodles</b>	4 star anise
400 grams fresh thin egg noodles	<b>Glaze</b>
2 teaspoons sesame oil	3 tablespoons hoisin sauce
<b>To assemble</b>	2 tablespoons soy sauce
600 grams fish fillets	2 tablespoons lime juice
1 large carrot, julienned	1 clove garlic, crushed
2cm piece ginger, peeled and julienned	freshly ground pepper
2 spring onions, thinly sliced	4 × 36cm long pieces each of baking paper and foil
1 red capsicum, thinly sliced	
100 grams shiitake mushrooms, stems trimmed and thinly sliced	

Preheat the oven to 180°C.

**Noodles:** Cook the noodles according to the instructions on the packet. Drain and refresh in cold water then drain again. Place in a large bowl and toss with the sesame oil.

**Glaze:** Combine all the ingredients in a bowl and season with pepper.

**To assemble:** Place the foil on a baking tray and top with the baking paper.

Combine the vegetables and toss half of them with the noodles. Divide the noodles between the four parcels.

Divide the fish between the parcels and place on top, season then scatter over the remaining vegetables and place a star anise on top. Spoon most of the glaze over the fish and the rest over the noodles. Fold in the baking paper to make a flattish parcel then fold in the foil, pinching the edges together to seal.

Depending on the thickness of the fish, they will take anywhere between 8 and 20 minutes to cook. Very thin fillets, such as gurnard will cook quickly, whereas dense fillets of monkfish will take 20 minutes. You will have to open one of the parcels to check for doneness. **Serves 4**

*Shiitake mushrooms, hoisin: see Glossary page 138*

*Julienne: see Kitchen Notes page 141*

## Baked Prawns with Lemon and Feta

This is the perfect dish to serve with lots of crusty bread for mopping up all the lovely garlicky, lemony juices.

250 grams firm feta cheese	1 teaspoon dried oregano (Sicilian if possible)
20-24 large raw peeled prawns, tail on	sea salt and freshly ground pepper
4 medium vine tomatoes, diced	<b>To serve</b>
zest and juice 1 large lemon	2 tablespoons chopped flat-leaf parsley
⅓ cup olive oil	crusty bread
1 clove garlic, crushed	large, shallow ovenproof baking dish
pinch chilli flakes	

Preheat the oven to 200°C.

Break the feta into large pieces and place in the baking dish.

Toss the prawns with the remaining ingredients and season. Place the prawns amongst the feta then spoon over the tomato mixture and juices in the bowl. Top with a grind of black pepper and bake for 15 minutes until the prawns are just cooked through.

Scatter with parsley and serve hot with plenty of crusty bread for mopping up the juices. **Serves 4**

*Sicilian oregano: see Glossary on page 138*

## Pea, Feta and Prawn Frittata

2 cups peas, cooked	300 grams raw, peeled prawns
3 big handfuls spinach leaves, washed	8 eggs
2 tablespoons olive oil	finely grated zest 1 lemon
knob of butter	¼ cup chopped basil
2 cloves garlic, crushed	100 grams soft feta cheese
3 spring onions, thinly sliced	sea salt and freshly ground pepper

Preheat the grill to high.

Put the spinach in a large heat-proof bowl and cover with boiling water. Turn to wilt, then drain and refresh in cold water. Drain again, roll up in a clean tea towel and squeeze out the excess water. Chop roughly.

Heat the oil and butter in a 28cm ovenproof sauté pan. Cook the garlic, spring onions and prawns until the prawns are just turning pink.

Whisk the eggs, lemon zest and basil in a large bowl and season well. Stir in the peas and spinach then pour the mixture over the prawns in the sauté pan. Distribute the filling evenly with a fork, pulling the prawns to the surface of the frittata.

Crumble over the feta and cook over a low heat until most of the egg has set. Place under the grill for a few minutes until the top is set and lightly golden. **Serves 6-8**

SPICY CRUMBED FISH  
WITH COLESLAW AND  
WARM TORTILLAS



## Spicy Crumbed Fish with Coleslaw and Warm Tortillas

*You can also use this lightly spiced buttermilk and panko crumb on chicken and pork schnitzels.*

500 grams firm white fish (I used gurnard)	1 apple, julienned
$\frac{3}{4}$ cup buttermilk	$\frac{1}{4}$ cup chopped coriander
1 teaspoon Dijon mustard	<b>Dressing</b>
2 cloves garlic, crushed	$\frac{1}{4}$ cup olive oil
pinch cayenne or chilli pepper	2 tablespoons lemon juice
sea salt and freshly ground pepper	1 teaspoon Dijon mustard
$\frac{1}{2}$ cups panko crumbs	1 clove garlic, crushed
<b>Coleslaw</b>	3 tablespoons chopped gherkins
3 cups shredded cabbage (I used red and green)	<b>To finish</b>
2 spring onions, thinly sliced	vegetable oil and butter for cooking
1 carrot, julienned or grated	warm tortillas for serving
	lemon or lime wedges for serving

**Fish:** Cut the fish into thick fingers. Combine the buttermilk, mustard, garlic and cayenne in a dish and season well. Add the fish and turn to coat. Set aside for 10 minutes.

Place the crumbs in a separate dish. Lift the fish out of the buttermilk, letting the excess drip back into the dish. Coat in the breadcrumbs, pressing them on to adhere.

Heat  $\frac{1}{4}$  cm of oil and a knob of butter in a sauté pan over a medium heat and cook the fish in batches until golden and crisp and just cooked through. Drain on paper towels and place in a warm oven while you cook the remaining fish.

**Coleslaw:** Put all the coleslaw ingredients in a large bowl and toss to combine. Whisk the dressing ingredients together, season and toss through the coleslaw.

**To serve:** Place the fish and coleslaw on plates and serve with the warm tortillas and lemon wedges for squeezing over the fish. **Serves 4**

*Panko crumbs: see Glossary page 138*

*Julienne: see Kitchen Notes page 141*

BAKED PRAWNS WITH  
LEMON AND FETA  
*[recipe previous page]*



PEA, FETA AND PRAWN FRITTATA  
*[recipe previous page]*



TRAY-BAKED SEAFOOD  
WITH WHITE BEANS  
AND CAPSICUM



## Tray-Baked Seafood with White Beans and Capsicum

Serve this super tasty one-pan meal with crusty rolls and a side of hot cooked spaghetti tossed with olive oil.

<b>Vegetable base</b>	sea salt and freshly ground pepper
1 red onion, sliced thinly	
1 red capsicum, sliced thinly	<b>Seafood</b>
1 × 400 gram tin crushed Italian tomatoes	12 mussels, scrubbed
1 × 400 gram tin white beans, drained and rinsed	12 cockles
2 cloves garlic, crushed	8 large raw shell-on prawns
½ teaspoon chilli flakes	500 grams firm white fish, cut into large chunks (I used monkfish)
1 teaspoon ground cumin	olive oil for drizzling
2 tablespoons olive oil	1 teaspoon smoked paprika
zest and juice 1 lemon	small handful chopped flat-leaf parsley
1 whole lemon, quartered	

Preheat the oven to 200°C.

**Vegetable base:** Combine all the ingredients in a bowl and season. Tip into a large shallow roasting tray. Bake for about 20 minutes, stirring occasionally until the vegetables have started to soften and the juices thicken.

Increase the oven to 220°C.

**Seafood:** Nestle all the seafood into the vegetable base then drizzle the pieces of fish with olive oil, paprika, salt and pepper. Roast for 10-15 minutes or until the mussels and cockles have opened and the remaining seafood is cooked. *Discard any shellfish that do not open.*

Squeeze the hot lemons over the top then gently spoon the pan juices over everything. Scatter with the parsley and serve immediately. **Serves 4**

## Steamed Fish and Couscous Parcels

These delicious one-parcel meals are easy to make as a single serve, for the family, or multiply to feed a crowd.

1 cup couscous	6 cherry tomatoes or 2 small vine tomatoes, thinly sliced
1 cup boiling water	16 large black olives, halved and pitted
½ teaspoon ground cumin	olive oil for drizzling
2 spring onions, thinly sliced	sea salt and ground pepper
finely grated zest 1 lemon	lemon wedges for serving
4 × 150 gram pieces firm white fish fillets	4 × 40cm rectangles of baking paper or foil
2 medium zucchini	

Preheat the oven to 200°C.

Combine the couscous, water and cumin in a heatproof bowl and season with salt and pepper. Cover and leave for 5 minutes. Fluff up with a fork and stir in the spring onions and lemon zest. Place ¼ of the couscous in the centre of each sheet of baking paper.

Brush both sides of the fish with olive oil and season.

Use a potato peeler to cut long thin strips off each zucchini. Wrap the strips around each piece of fish, tucking the ends underneath.

Place on top of the couscous and arrange the tomatoes in a line down the centre.

Dot the olives around the fish then drizzle everything with olive oil, a pinch of salt and a grind of pepper. Bring the edges of the paper together and fold over to seal. *I staple them together at this point.*

Carefully transfer to a flat baking tray and bake for about 12-15 minutes. *Cooking time will depend on the thickness of the fish.*

**To serve:** Transfer the parcels to shallow dishes and let diners open their own parcels. Serve with lemon wedges. **Serves 4**



In Japanese cuisine, green tea rice, known as '*ochazuke*', is a much enjoyed comfort food. It can be as simple as green tea poured over cooked rice, but to make a more substantial meal it's often topped with salmon or tuna.



SESAME SALMON WITH  
GREEN TEA RICE

## Sesame Salmon with Green Tea Rice

400 gram piece centre cut salmon, skin on	1 cup frozen podded edamame beans
1 teaspoon sesame oil	50 grams snow peas
sea salt	hot cooked rice
1 teaspoon each black and white sesame seeds, toasted	4 green tea bags
1 teaspoon nanami togarashi	2 cups boiling water

Preheat the oven to 200°C.

Cut the salmon into 4 portions and place on a lined baking tray, skin side down. Brush with sesame oil and sprinkle with a little sea salt. Combine the sesame seeds and nanami togarashi and sprinkle over the top.

Bake for 5–7 minutes or until just cooked through. *Cooking time will depend on the thickness of the salmon.*

Cook the edamame beans in boiling water for 5 minutes then drop in the snow peas and cook for another 30 seconds. Drain and refresh in cold water. Pat the snow peas dry on kitchen towels. Infuse the tea bags in the boiling water for 2 minutes.

**To serve:** Divide the rice and edamame beans between bowls. Pour over the hot tea and top with the salmon. Thinly slice the snow peas and place over the salmon. Serve with extra nanami togarashi. **Serves 4**

*Nanami togarashi, edamame beans: see Glossary page 138*



STEAMED FISH AND  
COUSCOUS PARCELS  
[recipe previous page]



GINGER AND CARAMEL SALMON  
WITH ASIAN GREENS  
[recipe next page]



No buns here, just juicy salmon patties with lots of fresh salad accompaniments. Be sure to chop everything finely or the burgers will fall apart.



THAI GREEN CURRY  
SALMON 'BURGERS'

## Thai Green Curry Salmon 'Burgers'

Burgers	To serve
500 grams salmon, diced finely	1 cup thick plain yoghurt
½ cup fresh breadcrumbs	cos lettuce leaves
2 spring onions, chopped finely	1 cup grated carrot
small handful coriander, chopped finely	4 radishes, sliced thinly
1 tablespoon green curry paste	1 red onion, thinly sliced
sea salt and freshly ground pepper	handful mint leaves
	lemon wedges

**Burgers:** Combine all the ingredients in a bowl and season. Divide into 8 portions and gently squeeze the mixture together to form a burger patty.

Heat a little olive oil in a sauté pan and cook the patties over a medium heat for 1–2 minutes each side until golden and cooked to your liking.

**To serve:** Spread some yoghurt on each plate and top with the lettuce, carrot, radishes, red onion and mint. Add the salmon burgers and a lemon wedge. Top with a little drizzle of olive oil and freshly ground pepper. **Serves 4**

## Smoked Salmon, Avocado and Caper Flatbreads

*A much quicker version of a pizza, this recipe uses pita breads as an ideal substitute when pulling together a mid-week dinner.*

4 pita breads	3 tablespoons capers
200 grams cream cheese, at room temperature	½ cup freshly grated Parmesan
2 teaspoons Dijon mustard	sea salt and freshly ground pepper
2 cloves garlic, crushed	<b>To serve</b>
2 teaspoons dried tarragon	½ cup sour cream
1 red onion, very thinly sliced	1 avocado, sliced
200 grams sliced smoked salmon	salad leaves

Preheat the oven to 200°C.

Cut the pita breads in half to give you 8 rounds. Combine the cream cheese, mustard, garlic and tarragon together and season. Spread the rough side of the bread with the cream cheese mixture and place on a baking tray.

Place half the onion on top then the salmon. Scatter with the remaining onion and the capers then sprinkle with Parmesan, salt and pepper. Bake for 5–7 minutes until the edges of the bread are lightly golden and crisp.

**To serve:** Cut into wedges and transfer to plates. Top with a dollop of sour cream and serve with sliced avocado and salad leaves. **Serves 4**

## Ginger and Caramel Salmon with Asian Greens

*Salmon is quite rich, but this sticky and sweet caramel sauce infused with garlic, chilli and ginger cuts through beautifully and can be quite addictive!*

4 × 150 gram pieces salmon fillet, skin on	1 long red chilli, thinly sliced
4 tablespoons caster sugar	1 star anise
6 tablespoons water	<b>Serving suggestions</b>
2 tablespoons soy sauce	hot cooked rice, julienned
1 tablespoon fish sauce	raw carrot, thinly sliced
2 tablespoons julienned fresh ginger	spring onions, toasted
2 cloves garlic, thinly sliced	sesame seeds, Vietnamese mint, coriander, lime or lemon wedges, blanched bok choy

Put the sugar and 3 tablespoons of the water in a sauté pan over a medium heat. When the sugar has dissolved, bring to the boil and cook until golden, swirling the pan for even colouring.

Immediately add the remaining 3 tablespoons of water along with all the remaining ingredients (*the mixture will spit and bubble furiously*) and bring back to a simmer for 1 minute, stirring to dissolve any lumps of caramel.

Add the salmon, cover and cook for 3 minutes then turn over and cook for another 2–3 minutes or until just cooked through. Add a splash of water if the sauce is too thick.

**To serve:** Top the rice with carrot, then the salmon and spoon over some of the sticky caramel. Add your toppings of choice and a good squeeze of lime or lemon juice. **Serves 4**



SMOKED SALMON, AVOCADO  
AND CAPER FLATBREADS  
*[recipe previous page]*



LEMONGRASS AND WHITE FISH  
KOPTA WITH ASIAN GREEN SALAD



WHITE BEAN AND TUNA  
HUMMUS WITH SOFT EGGS



PAN-FRIED FISH WITH  
FENNEL, CAPER  
AND LEMON CREAM SAUCE

## Lemongrass and White Fish Kofta

Use whatever fish is freshest and best on the day for these tender, aromatic kofta. They're also delicious in a long soft bun with the salad piled on top for an Asian-style burger.

600 grams firm white fish fillets (I used gurnard)	1½ tablespoons cornflour
1 large stalk lemongrass, grated finely	1 egg, beaten
2 cloves garlic, crushed	sea salt and freshly ground pepper
2 tablespoons finely chopped coriander	<b>To cook</b>
1 tablespoon grated fresh ginger	rice bran oil
2 teaspoons fish sauce	<b>To serve</b>
	1 lemon, quartered
	mayonnaise
	avocado and fresh tomato (optional)

Cut the fish into small pieces and place in a food processor. Pulse until coarsely chopped, but not to a smooth paste.

Tip into a bowl and add all the remaining ingredients. Mix thoroughly and season. Form into short, fat fingers then cover and chill for 30 minutes.

**To cook:** Push a short skewer into each kofta. Brush with a little oil, then cook on a preheated barbecue or in a sauté pan for about 2 minutes each side until golden and just cooked through. Drain on kitchen towels.

Serve with a side of lemon wedges, a little mayonnaise, and avocado and chopped fresh tomato if desired. **Makes 12 kofta**

## Asian Green Salad

1 small telegraph cucumber or 4 Lebanese cucumbers	<b>Dressing</b>
1 cos lettuce, sliced thinly	1 tablespoon soy sauce
2 spring onions, sliced thinly	1 tablespoon rice bran oil
1-2 avocados, sliced thickly	2 teaspoons lemon juice
good handful coriander	2 teaspoons sesame oil
	½ teaspoon honey
	1 clove garlic, crushed
	¼ teaspoon chilli flakes

**Dressing:** Whisk all the ingredients together in a bowl.

Halve the cucumber lengthways and scoop out the seeds. Slice thinly.

Arrange all the salad ingredients on plates and spoon over the dressing.

## Pan-Fried Fish with Fennel, Caper and Lemon Cream Sauce

Fish and lemon are a great match and when fennel, capers and cream are added it becomes sublime! Serve over wedges of crisp cos lettuce as an alternative to a green vegetable.

800 grams firm white fish	zest 1 lemon
sea salt and freshly ground pepper	3 tablespoons lemon juice
1 tablespoon olive oil	½ cup cream
good knob of butter	small handful flat-leaf parsley, finely chopped
1 fennel bulb, thinly sliced, fronds reserved	sea salt and freshly ground pepper
2 cloves garlic, crushed	2 small cos lettuces
3 tablespoons capers	

Cut the fish into portions and season. Heat the oil and butter in a large sauté pan and when the butter is sizzling add the fish. Cook until golden and just cooked through. Transfer to a plate, cover and keep warm. *Don't wash the pan.*

Add the fennel to the pan and cook until tender. Add the garlic, capers, lemon zest and juice and let it bubble up for 1 minute. Add the cream, season and simmer until the sauce has reduced and thickened a little. Stir in the parsley.

**To serve:** Cut each lettuce into long wedges and arrange on plates. Top with the fish and spoon over the sauce. Garnish with the reserved fennel fronds. Sautéed potatoes are a lovely accompaniment. **Serves 4**

## White Bean and Tuna Hummus with Soft Eggs

This mezze plate is perfect for a light dinner or lunch; use whatever is freshest and best for the vegetable accompaniments.

4-6 eggs, boiled and halved	1 × 185 gram tin tuna in brine or oil, drained
300 grams green beans, blanched	2 tablespoons tahini
2 inner stalks celery, sliced thinly	¼ cup plain yoghurt
8 radishes with leaves	2 cloves garlic, crushed
½ cup olives	2 tablespoons lemon juice
grilled bread to serve	2 tablespoons olive oil
<b>Hummus</b>	sea salt and freshly ground pepper
1 × 400 gram tin cannellini beans, drained and rinsed	

**Hummus:** Place all the ingredients in a food processor and blend until smooth. Season well.

**To serve:** Spoon the hummus onto plates and drizzle with a little olive oil. Arrange the vegetables and olives around the plate along with the halved eggs. Serve with lots of grilled bread. **Serves 4**

SPICED FISH ON LENTIL  
AND HERB SALAD



## Spiced Fish on Lentil and Herb Salad

*My pantry always has tins of cooked lentils and beans. When combined with one of the many great spice mixes on the market, it means I can whip up a substantial meal with very little effort.*

600 grams firm fish fillets	2 × 400 gram tins brown lentils, drained and rinsed
1 tablespoon Indian spice mix (I used Simon Gault's Flavours of India)	small handful coriander, chopped
olive oil and knob of butter for cooking	sea salt and freshly ground pepper
<b>Lentils</b>	<b>To serve</b>
1 tablespoon olive oil	cooked asparagus or green beans
1 red onion, thinly sliced	thick plain yoghurt
2 cloves garlic, crushed	lemon wedges
2 teaspoons Indian spice mix	

Cut the fish into large pieces and sprinkle with the spice mix.

Heat a little oil and the butter in a large sauté pan and cook the fish until golden and just cooked through. Keep warm.

**Lentils:** Heat the oil in a sauté pan and cook the onion and garlic until tender. Stir in the spice mix then the lentils and cook for a few minutes. Season and stir in the coriander.

**To serve:** Place the lentils and asparagus or beans on plates and top with the fish. Add dollops of yoghurt and drizzle with a little olive oil and a grind of pepper. **Serves 4**



## Fish, Chickpea and Green Olive Tagine

*'Tagine' refers to both a conical-lidded vessel and the slow cooked dishes cooked in it. The lid traps moisture and aromas during cooking, creating food that is moist and succulent.*

1 kilogram thick, firm white fish fillets	1 × 400 gram tin whole cherry tomatoes or crushed Italian tomatoes
3 tablespoons olive oil	1 × 400 gram tin cooked chickpeas, drained and rinsed
1 onion, thinly sliced	small handful each coriander and flat-leaf parsley, chopped plus extra for serving
1 carrot, diced	1 cup large green olives
2 sticks celery, thinly sliced	1 cup fish, chicken or vegetable stock
2 cloves garlic, crushed	zest 1 lemon
2 tablespoons tomato paste	2 tablespoons lemon juice
1 teaspoon each ground cumin, coriander and ginger	sea salt and freshly ground pepper
1 teaspoon sweet smoked paprika	
½ teaspoon ground turmeric	

Cut the fish into 8cm pieces.

Heat the oil in the base of a tagine or large sauté pan. Add the onion, carrot and celery with a good pinch of salt and cook until soft. Add the garlic, tomato paste and the spices and cook for 1 minute, then add the tomatoes, chickpeas, herbs, olives and the stock. Season and simmer for 5 minutes.

Add the fish and turn to coat in the sauce. Cover and cook for 10 minutes or until the fish is cooked. Add the lemon zest and juice just before serving.

**To serve:** Scatter with herbs and serve with couscous or crusty bread. **Serves 6**

**TURMERIC FISH  
BANH MI**



## Turmeric Fish Banh Mi

While traditional Banh Mi has pork or beef, our version with tender pieces of lightly spiced fish is perfect for a warm summer lunch or dinner.

300 grams firm white fish	<b>To serve</b>
1 tablespoon soy sauce	quick pickles (recipe below)
1 teaspoon sesame oil	1 baguette cut into 4, halved and grilled
½ teaspoon ground turmeric	mayonnaise
1 clove garlic, crushed	thinly sliced cucumber
1 teaspoon grated fresh ginger	jalapeño pickles (optional)
sea salt and freshly ground pepper	handful mint and coriander
	1 lime, quartered

Cut the fish into thick batons.

Combine all the remaining ingredients in a shallow dish and add the fish, turning to coat well. Marinate for 15 minutes.

Heat a little vegetable oil in a sauté pan and cook the fish for 2–3 minutes each side or until just cooked through. Drain on kitchen towels.

**To serve:** Spread the warm grilled baguette with mayonnaise. Top with the sliced cucumber, jalapeño if using, some of the herbs and then the fish. Add the quick pickles, the remaining herbs and a squeeze of lime to serve. **Serves 4**

## Quick Pickles

½ cup sushi rice vinegar	¼ teaspoon wasabi paste
1 tablespoon mirin	4 medium radishes, julienned
1 tablespoon caster sugar	1 large carrot, julienned
½ teaspoon soy sauce	

Put the vinegar, mirin and caster sugar into a small saucepan and bring to the boil. Whisk in the soy and wasabi then set aside to cool.

Put the radishes and carrot in a large bowl and pour over the cooled liquid.

Leave for 30 minutes, turning occasionally. Drain before using.

*Mirin: see Glossary page 138*

*Julienne: see Kitchen Notes page 141*



## Tray-Baked Provençal Fish and Potatoes

This baked fish recipe simply sings with the warm flavours of the Mediterranean.

600 grams firm white fish fillets (I used monkfish)	2 tablespoons capers
1 kilogram Agria potatoes, peeled and sliced 1cm thick	pinch chilli flakes
2 tablespoons olive oil	1 cup large black olives
1 small red onion, sliced thinly	small handful thyme sprigs
1 × 400 gram tin cherry tomatoes	2 tablespoons chopped flat-leaf parsley
½ cup white wine	sea salt and freshly ground pepper
2 cloves garlic, crushed	large shallow lipped baking tray, approximately 40 × 26cm, lined with baking paper

Preheat the oven to 200°C.

Cook the potatoes in boiling salted water until just tender then drain well. Brush the baking paper with 1 tablespoon of oil and sprinkle with salt and pepper. Tip in the potatoes and spread evenly. *Don't worry if they break up.* Cut the fish fillets into shorter pieces and place over the potatoes. Drizzle the remaining oil over the fish and season.

Combine all the remaining ingredients, except the parsley, in a bowl and season. Spoon this evenly over the fish and potatoes. Bake for about 20 minutes, basting the fish with the pan juices halfway through cooking. *Cooking time will depend on the thickness of the fish.*

**To serve:** Rest the fish for 5 minutes when it comes out of the oven so the potatoes can absorb some of the lovely pan juices. Scatter with parsley to serve. **Serves 4–6**



MOROCCAN CHICKPEA,  
BEETROOT AND MINT BURGERS

## Moroccan Chickpea, Beetroot and Mint Burgers

*Yes, it's meat-free but even avowed carnivores will enjoy this flavour-packed burger. Don't skimp on the herbs and spices, and I love it with lashings of crushed avocado too.*

<b>Burgers</b>	½ cup fresh breadcrumbs
2 tablespoons olive oil	1 egg
1 onion, finely chopped	sea salt and freshly ground pepper
1 medium beetroot, peeled	<b>To assemble</b>
2 cloves garlic, crushed	4 large hamburger buns, toasted or grilled
1 teaspoon ground cumin	mayonnaise
1½ teaspoons Moroccan spice mix	any of the following toppings: lettuce, avocado, grated raw yellow beetroot or carrots, alfalfa sprouts, snow pea shoots, tomato, feta, fried egg
2 × 400 gram tins chickpeas, drained and rinsed	
¼ cup packed mint leaves, finely chopped	
finely grated zest 1 lemon	

**Burgers:** Heat the oil in a sauté pan and cook the onion for 4 minutes. Grate the beetroot on the coarse side of a box grater. Add the beetroot, garlic, cumin and Moroccan spice mix with a good pinch of salt to the onion and cook for 5 minutes, turning often. Cool.

Put the cooled onion mixture into a food processor with all the remaining ingredients. Season generously and pulse until well combined but still retaining a little texture.

Divide into 4 patties the same size as the buns and chill for 30 minutes to firm up. *The patties can be made 2 days ahead.*

**To assemble:** Heat a little olive oil in a sauté pan and cook the burgers for 3 minutes each side. Spread the warm buns with mayonnaise then top with the patties. Add the toppings of your choice and serve immediately. **Makes 4**

## Lemon, Rocket and Ricotta Risotto with Roasted Hazelnuts

*A great one-dish meal of lemon-infused rice, peppery rocket, creamy soft ricotta and crunchy roasted hazelnuts.*

6 cups vegetable stock, hot	2 tablespoons lemon juice
knob of butter	large handful rocket, roughly chopped
2 tablespoons olive oil	1 cup freshly grated Parmesan
1 onion, finely chopped	knob of butter
1 clove garlic, crushed	sea salt and freshly ground pepper
2 teaspoons finely chopped rosemary or thyme	<b>To finish</b>
1¼ cups risotto rice e.g. Arborio or Vialone Nano	200 grams ricotta
½ cup white wine	⅓ cup roughly chopped roasted hazelnuts
finely grated zest 1 lemon	

Put the stock in a saucepan, heat and keep warm. Melt the butter with the oil in a saucepan over a medium heat. Add the onion, garlic and rosemary with a good pinch of salt, cover and cook until the onion is soft, but not coloured.

Add the rice, stirring well to coat each grain in the oil. Cook for another minute until the rice is warm (toasted). Add the wine and stir until most of the liquid has been absorbed.

Begin adding the stock, a ladle at a time, stirring and allowing the liquid to be absorbed before adding the next quantity. When the risotto is tender to the bite and has a creamy consistency (*this should take about 20 minutes*), add half the lemon zest and all the juice, rocket, Parmesan and the butter and stir to combine. Season if needed.

**To serve:** Place the risotto in warm shallow plates and top with spoonfuls of ricotta, the remaining lemon zest and the hazelnuts. Grind over a little freshly ground pepper and a drizzle of good olive oil. Serve immediately. **Serves 4–6**

*To roast nuts: see Kitchen Notes page 141*

LEMON, ROCKET AND RICOTTA  
RISOTTO WITH ROASTED HAZELNUTS  
*[recipe previous page]*



## Mixed Salad Plate

*A good main course salad should have a variety of textures and flavours, along with the all-important visual appeal. If you feel the need, tuck in a few slices of salami or other cured meat to keep everyone happy.*

### Dressing

¼ cup olive oil  
2 tablespoons lemon juice  
2 cloves garlic, crushed  
½ teaspoon ground cumin  
small handful each coriander and flat-leaf parsley  
sea salt and freshly ground pepper

### Black rice

1 cup black rice  
2 cups cold water  
pinch salt  
6 fresh dates, thinly sliced  
2 tablespoons each sunflower and pumpkin seeds

### To assemble

16 cherry tomatoes, halved  
2 small Lebanese cucumbers or ½ slim telegraph cucumber, thinly sliced  
150 grams feta, sliced into 4  
2 avocados, peeled  
½ red onion, thinly sliced  
small handful coriander  
2 handfuls mixed salad leaves  
Parmesan or pecorino cheese for shaving  
ground paprika for sprinkling  
slices gluten-free bread, toasted

**Dressing:** Place all the ingredients in a food processor and process until smooth. Season.

**Rice:** Put the rice, water and salt in a medium saucepan. Cover and bring to the boil. Reduce the heat to low and cook for 25 minutes. Take off the heat and leave covered for 10 minutes then fluff up with a fork. Add half the dressing, the dates and most of the seeds and stir to combine. Set aside to cool.

**To assemble:** Place a large spoonful of the rice on each plate and top with the remaining seeds. Arrange the tomatoes and cucumbers alongside and top with a piece of feta. Scoop out the avocado and add to the plate and top with the sliced onion and coriander.

Add a pile of salad leaves and top with shaved Parmesan.

Drizzle the remaining dressing over each plate and season with salt, a grind of pepper and a pinch of paprika. **Serves 4**



MIXED SALAD PLATE

GREEN BEAN AND BUCKWHEAT SALAD  
WITH GOAT'S CHEESE TOASTS  
[recipe next page]



Green Bean and Buckwheat Salad  
with Goat’s Cheese Toasts

A fresh spring salad that can be made using yellow beans, asparagus or broccolini.

½ cup buckwheat	8 slices baguette, toasted
1 cup water	100 grams soft goat’s cheese or feta cheese
¼ teaspoon salt	
16–20 baby beetroot, tops trimmed	<b>Dressing</b>
	2 tablespoons pesto
300 grams green beans, cooked	3 tablespoons olive oil
handful rocket leaves	1 tablespoon lemon juice
	2 teaspoons water

Rinse the buckwheat in cold water then drain. Place in a small saucepan with the water and salt and bring to the boil. Simmer uncovered for about 10 minutes, stirring occasionally or until the grains are just cooked, but still with a little bite. Drain and rinse in cold water. Spread out on a clean tea towel to remove excess moisture.

Cook the beetroot in boiling salted water until tender. Drain and when cool pull off the skins.

**Dressing:** Whisk all the ingredients together in a bowl. Put the beans and buckwheat in a large bowl and toss with ¾ of the dressing.

**To serve:** Scatter most of the rocket over plates. Top with the beetroot then stack the beans and buckwheat on top. Scatter the buckwheat remaining in the bowl over the salad.

Spread the toasted baguette slices with the cheese and place over the beans. Spoon the remaining dressing over the top and scatter with the rocket. **Serves 4**

Mushroom, Silverbeet and Feta Frittata

The old saying of “Eggs in the house, a meal on the table” is so true and this frittata makes a fantastic meal. Full of flavour and packed with veges, any leftovers are great in a sandwich for lunch too.

12 small portobello mushrooms, peeled	10 eggs
2 tablespoons olive oil	½ cup freshly grated Parmesan
knob of butter	¼ teaspoon ground nutmeg
2 cloves garlic, crushed	pinch chilli flakes
6 stalks silverbeet, white stems cut out, leaves finely sliced	100 grams feta
	sea salt and freshly ground pepper
1 cup frozen peas, thawed	

Preheat the grill to its highest setting.

Trim the mushroom stalks so they don’t stick above the rim. *This enables them to cook more evenly.*

Heat 1 tablespoon of the oil and the knob of butter in a large sauté pan (I used a 30cm pan) and cook the mushrooms on both sides until golden and just tender. Remove from the pan and set aside.

Add the remaining oil, the garlic and the silverbeet to the pan. Season well and cook, turning often until the silverbeet is tender, then add the peas.

Whisk the eggs, Parmesan, nutmeg and chilli flakes together and season. Pour over the silverbeet and stir. Place the mushrooms on top and dot over the feta.

Cook until most of the egg has set then place under the grill until cooked through and the top is golden and puffed. Cut into wedges and serve with a salad. **Serves 4–6**



MUSHROOM, SILVERBEET  
AND FETA FRITTATA



MIDDLE EASTERN YOGHURT  
FLATBREAD WITH SILVERBEET  
AND RICOTTA

## Middle Eastern Yoghurt Flatbread with Silverbeet and Ricotta

*Quick and versatile, you can whip up these tender flatbreads any time of the day and just pop on your favourite topping. I divided the dough and toppings and made two flatbreads.*

1 cup plain flour, plus extra for rolling	1 tablespoon olive oil
1 teaspoon baking powder	2 cloves garlic, crushed
½ teaspoon sea salt	¼ teaspoon chilli flakes
½ teaspoon ground fennel	1 tablespoon cream
1 cup thick plain yoghurt	½ cup grated mozzarella cheese
<b>Topping</b>	2 teaspoons toasted sesame seeds
6 large silverbeet leaves, stems removed	
200 grams ricotta	

Preheat the oven to 180°C.

**Topping:** Put the silverbeet in a large heatproof bowl and cover with boiling water. Leave for 2 minutes until wilted. Drain and refresh in cold water then wrap in a clean tea towel and wring out excess water. Chop roughly.

Stir the ricotta, oil, garlic and chilli together and season.

**Flatbread:** Combine all of the ingredients in a bowl and stir together to make a soft dough. Tip onto a floured bench and bring together with your hands. Add extra flour if the dough is really soft, but not so much that the dough becomes stiff.

Lightly knead for 1 minute then roll out on a lined flat baking tray to a 30cm circle or your preferred shape.

Spread with half of the ricotta mixture then top with the silverbeet.

Add the cream and mozzarella to the remaining ricotta, mix through and then spoon over the silverbeet.

Bake for 20–25 minutes until golden and the base is cooked. **Makes 1 large flatbread, 2 long rectangles or 4 small.**

## Amaranth, Red Quinoa and Pumpkin Salad

*Roasting the pumpkin caramelizes the sugars and makes a great accompaniment. Adding a good slice of salty feta and nutty chickpeas turns it into a tasty main course.*

¼ cup amaranth	½ small red onion, sliced thinly
2 cups water	large handful salad leaves
½ cup red quinoa, rinsed well and drained	100 grams feta, sliced
600 grams pumpkin, peeled and cut into wedges	<b>Dressing</b>
olive oil	3 tablespoons olive oil
sea salt and freshly ground pepper	2 teaspoons pomegranate molasses
1 × 400 gram tin chickpeas, drained and rinsed	1 tablespoon lemon juice
¼ cup sunflower seeds	1 clove garlic, crushed
	sea salt and freshly ground pepper

Preheat the oven to 200°C.

Put the amaranth and water in a medium saucepan and bring to the boil. *The grains will float on the surface.* Simmer for 8 minutes then add the quinoa and cook for a further 10 minutes. Drain in a fine sieve then spread out on a large plate to cool.

Place the pumpkin on a lined baking tray and brush with olive oil, salt and pepper. Roast until just tender, turning once. Cool.

**Dressing:** Whisk all the ingredients in a bowl and season.

**To serve:** Put the grains, chickpeas, sunflower seeds and onion in a large bowl and toss with ¾ of the dressing.

Divide between bowls and top with the roasted pumpkin, salad leaves and feta. Spoon over the remaining dressing.

**Serves 4**

*Amaranth, quinoa, pomegranate molasses: see Glossary page 138*



Paneer, a firm pressed curd cheese, absorbs this aromatic sauce of spices, rich cashew nuts and tomatoes. Serve with brown rice, roti or hot naan breads.



PANEER WITH TOMATO,  
CASHW NUT AND  
ONION GRAVY

## Paneer with Tomato, Cashew Nut and Onion Gravy

400 grams paneer, cubed	¼–½ teaspoon chilli flakes
1 cup edamame beans, cooked	¼ cup roasted cashew nuts, finely ground
<b>Gravy</b>	
2 tablespoons vegetable oil	10 cherry tomatoes, halved or 2 large tomatoes, roughly chopped
1 onion, thinly sliced	1 cup water
1 green capsicum, thinly sliced	2 tablespoons cream (optional)
1 teaspoon whole cumin seeds	2 tablespoons roughly chopped coriander
1 teaspoon yellow mustard seeds	sea salt and freshly ground pepper
3 cloves garlic, crushed	
1 tablespoon grated fresh ginger	
½ teaspoon ground turmeric	

Heat the oil in a large sauté pan and cook the onion, capsicum, cumin and mustard seeds with a good pinch of salt until tender. Stir in the garlic, ginger and the spices then the cashew nuts and tomatoes and cook for 1 minute.

Add the water and bring to the boil. Season and simmer gently for 15 minutes.

Add the paneer, beans and cream and simmer for a few minutes until the paneer is hot. Stir through the coriander just before serving. **Serves 4**

## Pea, Broccoli and Feta Frittatas

*Packed with green veges and tangy feta cheese, these frittatas are great served for brunch on the weekend as well as for a quick evening meal.*

300 grams round green beans	small handful basil leaves, chopped
1 head broccoli	200 grams feta, sliced into 8 pieces
2 cups frozen peas	12 cherry tomatoes, halved
10 eggs	extra Parmesan for grating
⅓ cup cream	freshly ground black pepper
½ cup freshly grated Parmesan	
2 cloves garlic, crushed	4 × 2 cup-capacity baking dishes

Preheat the oven to 180°C.

Trim off the stem end of the beans and cut into 4cm lengths. Cut the broccoli into small florets. Blanch all the vegetables in boiling salted water for 2 minutes then drain well. Tip onto a clean tea towel or paper towels to remove any excess water.

Whisk the eggs, cream, Parmesan and garlic in a large bowl and season generously. Add the basil and the vegetables and combine well.

Divide evenly between the dishes and top each one with 2 slices of feta, the tomatoes and a good grating of Parmesan, then season with black pepper.

Bake for 20–25 minutes until golden and the centre of the frittatas are set. **Serves 4**







ROASTED RHUBARB AND  
STRAWBERRIES WITH ORANGE  
AND BALSAMIC VINEGAR  
*[recipe next page]*



ORANGE AND GOLDEN SYRUP  
UPSIDE-DOWN PUDDINGS

## Orange and Golden Syrup Upside-Down Puddings

Use this light sponge topping over a variety of fruit. Stone fruit can be used raw, but apples and pears are best lightly cooked before placing in the bases.

2–3 oranges	1 teaspoon vanilla extract
6 tablespoons golden syrup	finely grated zest 1 orange (see method below)
<b>Batter</b>	<b>To serve</b>
180 grams butter, very soft but not melted	½ cup sour cream
¾ cup caster sugar	½ cup thick plain yoghurt
2 eggs	extra golden syrup
4 tablespoons plain yoghurt	6 × 1 cup-capacity ovenproof ramekins
⅔ cup self-raising flour	
1 teaspoon ground nutmeg or cinnamon	

Grease the ramekins and line the bases with a circle of baking paper.

Preheat the oven to 180°C.

**Oranges:** Finely zest 1 orange for the batter. Set zest aside. Trim the ends off the oranges then cut down the sides with a sharp knife to remove the skin and all the white pith. Slice into 1cm thick rounds.

Put 1 tablespoon of golden syrup on top of the baking paper in the base of each dish.

Top with the orange slices, cutting them to fit in one layer.

**Batter:** Place all the ingredients, including the orange zest, in a large bowl and use a hand beater to beat until the batter is smooth. Spoon the batter evenly over the oranges and smooth the tops.

Place the ramekins on a flat baking tray and bake for 25–30 minutes until firm and golden.

**To serve:** As soon as the puddings come out of the oven, gently run a knife around the inside of the dishes and invert each one onto a plate. Remove the baking paper if necessary.

Whisk the sour cream and yoghurt together.

Serve the hot puddings with a spoonful of the cream and an extra drizzle of golden syrup. **Makes 6**

## Roasted Rhubarb and Strawberries with Orange and Balsamic Vinegar

Great for dessert but also fantastic for breakfast – try these gorgeous roasted fruits with granola and yoghurt, or as a topping for porridge.

6 red stalks rhubarb, cut 5cm lengths	2 tablespoons balsamic vinegar
2 punnets strawberries, hulled and halved if large	½ teaspoon ground ginger
½ lemon, cut through the stem end and thinly sliced	<b>To serve</b>
⅓ cup caster sugar	ice cream
zest and juice 1 large orange	crisp sweet biscuits, roughly crumbled

Preheat the oven to 180°C.

Combine all the ingredients and place in a large baking dish that is lined fully with baking paper, ensuring the paper comes up the sides of the dish to contain the juices.

Roast for 20 minutes, turning once gently, until the fruit is soft but not falling apart.

Set aside until just warm or cool completely.

**To serve:** Place scoops of ice cream in serving dishes and top with the rhubarb. Scatter over the biscuits and dust with icing sugar. **Serves 4**



APPLE PIE TRAY BAKE

## Apple Pie Tray Bake

*Transform two sheets of pastry and some spiced apples into an American classic – a crispy, moreish tart that is perfect for any night of the week.*

2 sheets pre-rolled puff pastry	2 tablespoons plain flour
plain flour for sprinkling	1 teaspoon each ground cinnamon and ginger
1 egg, beaten	½ teaspoon ground allspice
raw sugar for sprinkling	⅓ cup light muscovado sugar
<b>Filling</b>	
6 Braeburn apples, peeled, cored and thinly sliced	

Preheat the oven to 180°C.

Roll out each sheet of pastry on a lightly floured bench to make it a little thinner and larger.

Place one sheet on a flat lined baking tray and brush the edges with the egg wash.

**Filling:** Combine all the ingredients in a large bowl, tossing the apples so they are well coated.

Tip the apples onto the pastry, spreading them evenly and leaving a 2cm border all the way around.

Place the second piece of pastry over the apples. Pull the edges of the bottom piece of pastry up over the top piece and crimp the edges together to seal well. Cut a few small slits in the top of the pie. Brush with egg wash and sprinkle with the raw sugar.

Bake for 35–40 minutes until the pastry is well cooked and a good golden colour.

Slide onto a serving platter and dust with icing sugar. Serve hot or warm with cream or ice cream. **Serves 8**

*Muscovado sugar: see Glossary page 138*



## Pear and Chocolate Croissant Pudding

5 firm but ripe Beurre Bosc pears, stem on	1 cup cream
3 tablespoons butter	2 tablespoons brandy or rum
1 tablespoon brown sugar	⅓ cup caster sugar
5 chocolate croissants	<b>To serve</b>
3 eggs	icing sugar
1 cup milk	8 cup-capacity baking dish

Preheat the oven to 180°C.

Halve the pears, scoop out the cores with a teaspoon then cut each half into 2 thick slices. Melt the butter and sugar in a large sauté pan and cook the pears in batches until just tender and golden on both sides but not falling apart, transferring to a plate as they are cooked.

Cut each croissant into 4 and arrange them in the baking dish. Nestle the pears in between so the stem end is pointing up.

Whisk the eggs, milk, cream, brandy and sugar in a jug then pour evenly over the top of the croissants. Bake for 30–35 minutes until puffed and golden and the custard is set in the centre.

**To serve:** Rest the pudding for 15 minutes then dust with icing sugar and serve. **Serves 8**



**RASPBERRY YOGHURT  
PARFAITS WITH  
PASSIONFRUIT CURD**



**MOLTEN CHOCOLATE AND  
RASPBERRY PUDDINGS**



**MANGO AND LIME FOOLS**



**QUICK RASPBERRY AND  
NECTARINE FROZEN YOGHURT**

## Raspberry Yoghurt Parfaits with Passionfruit Curd

8 sweet crisp biscuits, roughly broken	squeeze of lime or lemon juice
⅓ cup skin-on almonds, roughly chopped	1 cup thick plain yoghurt
2 tablespoons butter	1 cup sour cream
1 punnet raspberries	½ cup passionfruit or lemon curd
1–2 tablespoons icing sugar	

Put the biscuits and almonds in a food processor and pulse to coarsely textured crumbs, or place in a sturdy plastic bag and bash with a rolling pin. Melt the butter in a sauté pan and cook the biscuit mixture for a few minutes, stirring constantly until they smell toasty and are golden. Tip onto a large plate and place in the fridge to cool. *The biscuits will be soft when hot, but will become crisp on cooling.*

Put the raspberries, icing sugar and lime juice in a bowl and lightly crush with a fork, adding more icing sugar if needed.

Whisk the yoghurt and sour cream in a bowl then add the passionfruit curd and fold together to give a ripple effect.

Spoon a layer of the biscuits into the base of 4 glasses or bowls, reserving some for garnish. Top with the yoghurt then the raspberries and the remaining biscuits. **Serves 4**

## Mango and Lime Fools

*Fools are a traditional British cold dessert of fruit with cream or custard and make a quick, delicious treat. Fresh berries and ripe stone fruit such as peaches and nectarines all work well.*

2 firm but ripe mangoes	1 cup thick plain yoghurt
finely grated zest and juice 1 lime	pistachios and toasted thread coconut for garnish
½ cup cream, softly whipped	four glasses for serving

Peel the mangoes using a vegetable peeler. Slice the flesh off one of the mangoes and divide in half. Cut one half into small dice and place in a bowl and stir through half the lime juice.

Slice the flesh from the other half into slim wedges for garnish and set aside.

Cut the flesh from the second mango and place in a food processor. Add the lime zest and remaining lime juice and purée until smooth.

Fold the cream and yoghurt together in a bowl.

Add the mango purée and, making 3 turns, lightly fold the purée into the yogurt mixture, leaving a swirl of mango streaks throughout. *The more you stir, the fewer swirls you will have.*

**To serve:** Divide the fool between the glasses. Top with a spoonful of the diced mango, slices of mango, pistachios and coconut if using. **Serves 4**

## Molten Chocolate and Raspberry Puddings

*Prepare these decadent, easy chocolate puddings a couple of hours ahead, then top with the raspberries and bake while you're eating the main course. Try using one of the many flavoured dark chocolates available, such as sea salt or orange, for a different take on a classic dessert.*

125 grams dark chocolate, chopped	½ cup frozen raspberries
125 grams butter, diced	<b>To serve</b>
3 eggs	icing sugar for dusting
1 teaspoon vanilla extract	mascarpone or softly whipped cream for serving
½ cup caster sugar	
½ cup plain flour	4 × 1 cup-capacity ovenproof ramekins, lightly greased
pinch of salt	

Preheat the oven to 180°C.

Put the chocolate and butter in a heat-proof bowl set over a saucepan of simmering water and leave to melt, stirring occasionally until smooth. *Do not let the base of the bowl touch the water and don't let the chocolate get too hot.*

Lightly whisk the eggs and vanilla in a large bowl then add the sugar, flour and salt and whisk until smooth. Pour in the melted chocolate and mix gently to combine.

Divide the batter evenly between the ramekins then dot the raspberries over the top. Place the ramekins on an oven tray and bake for 13–15 minutes until the sides are set but the centre is still quite soft.

**To serve:** Place the ramekins on saucers and dust the puddings with icing sugar. Top with cream and serve immediately. **Makes 4**

## Quick Raspberry and Nectarine Frozen Yoghurt

*This is a soft serve-style frozen yoghurt that you can eat as soon as it's made. If making ahead, place in a freezer-proof container and cover tightly. Remove from the freezer 15 minutes before eating to allow it to soften a little.*

3 large, ripe nectarines	<b>To assemble</b>
200 grams raspberries	glasses or ramekins, well chilled
finely grated zest of 1 lime	fresh raspberries for serving (optional)
½ cup caster sugar	
1 cup thick plain yoghurt, well chilled	

Chop the nectarine flesh into small pieces and place in a single layer on a freezer-proof tray with the raspberries. Place in the freezer until frozen. Put the frozen fruit, lime zest and sugar in a food processor and blend until the fruit is roughly chopped. Add the yoghurt and process until the mixture is smooth. Spoon into the glasses and serve immediately with extra fresh raspberries if using. **Serves 4**



FUDGY CHOCOLATE POTS  
WITH BLUEBERRIES

## Fudgy Chocolate Pots with Blueberries

*This delicious chocolate mousse is very easy to make and needs only 15 minutes to set before it's ready to eat.*

200 grams dark chocolate (62% cocoa), finely chopped	¾ cup cream, softly whipped
½ cup water	<b>Topping</b>
1 teaspoon vanilla extract	2 tablespoons seedless dark fruit jam
1 tablespoon brown sugar	1 punnet blueberries
2 tablespoons vegetable oil	<b>To serve</b>
pinch sea salt	softly whipped cream or thick plain yoghurt

**Topping:** Heat the jam in a saucepan or microwave until hot. Stir in the blueberries then set aside to cool. *Don't cook the berries.*

Put the water, vanilla, sugar, oil and salt in a small saucepan and bring to the boil, stirring to dissolve the sugar. Take off the heat and add the chocolate. Leave for 1 minute then whisk until smooth and shiny. Scrape into a large bowl and leave to cool.

Fold in ⅓ of the cream to loosen the chocolate mixture, then gently but thoroughly fold in the remaining cream. Stop as soon as it is combined. *Don't over mix or the chocolate will go grainy.*

Immediately spoon into serving dishes then cover and refrigerate for 15 minutes. (They can also be made up to 2 days ahead.)

**To serve:** Top the chocolate pots with a spoonful of cream, then the blueberries. **Serves 6**



## Crispy Coconut-Coated Bananas

*It may be a very simple dish, but it's one that is guaranteed to appeal to the whole family!*

4 firm but ripe bananas, peeled	½ cup desiccated coconut
½ cup plain flour	<b>To cook</b>
2 eggs	canola oil for cooking
1 teaspoon vanilla extract	icing sugar for dusting
½ cup panko breadcrumbs	ice cream and maple syrup to serve

Heat 2cm of canola oil in a deep medium-sized saucepan to 180°C on a sugar thermometer or until a piece of bread dropped into the oil turns golden in 30 seconds.

Put the flour in a shallow dish and whisk the egg and vanilla together in another dish. Put the breadcrumbs and coconut in a third dish and rub between your fingers to combine well.

Cut the bananas into 2–3 shorter lengths. Coat first in the flour then dip into the egg, letting the excess drip off. Roll in the breadcrumb mixture, pressing it on firmly to adhere.

**To cook:** Carefully place 3–4 pieces of banana in the hot oil and cook for 2 minutes until golden and crisp, turning once halfway through. Lift out with a slotted spoon and drain on kitchen towels. Place in a warm oven and repeat with the remaining bananas.

**To serve:** Place the fritters in bowls and dust with icing sugar. Serve with scoops of ice cream and drizzle with maple syrup.

**Serves 4**

*Panko crumbs: see Glossary page 138*

# BASIC RECIPES

## SAUCES AND DRESSINGS

### AIOLI

2 cloves garlic, crushed  
½ teaspoon salt  
½ teaspoon Dijon mustard  
1 egg yolk  
1 whole egg  
150ml vegetable oil  
50ml olive oil  
lemon juice  
sea salt and freshly ground pepper

Put the garlic, salt, mustard, egg yolk and whole egg in a food processor and blend. With the motor running, slowly drizzle in the combined oils to form a thick emulsion. Add lemon juice and season. *The lemon juice will thin down the aioli.* Refrigerate until ready to use.

### HOLLANDAISE SAUCE

200 grams butter  
3 tablespoons white wine vinegar  
2 tablespoons water  
1 tablespoon finely chopped shallot  
3 whole black peppercorns  
3 egg yolks  
lemon juice

Melt the butter and leave to cool a little. Boil the white wine vinegar, water, chopped shallot and peppercorns until reduced to 1 tablespoon. Strain into a bowl and place over a saucepan of barely simmering water. Whisk in the egg yolks. Whisking continuously, gradually incorporate the butter until the mixture is thick and pale. Season and add lemon juice to taste.

### HOT AND SWEET DIPPING SAUCE

1 cup cider vinegar  
1 cup sugar  
4 cloves garlic, roughly chopped  
½ teaspoon salt  
1½ teaspoons dried chilli flakes

Place the vinegar and sugar in a small saucepan and bring to the boil. Stir until dissolved then simmer for 5 minutes. Place the garlic and salt in a mortar and mash to a paste. Add the chilli flakes and blend well. Pour the vinegar mixture into a bowl and stir in the garlic paste. Allow to cool.

### HUMMUS

200 grams chickpeas  
2 tablespoons baking soda  
3 cloves garlic, peeled and left whole  
1 bay leaf  
juice of 2–3 lemons plus zest of 1 lemon  
2 cloves garlic, crushed  
3 tablespoons tahini

Soak the chickpeas overnight in cold water with the baking soda. Next day, drain then rinse thoroughly and place in a large pot with the garlic and bay leaf. Cover with cold water to 6cm above the chickpeas. Bring to the boil then lower the heat and simmer for approximately 1½ hours or until the chickpeas are falling apart and most of the water has evaporated. Remove the bay leaf and put the chickpeas in a food processor with the remaining ingredients and blend until smooth. Season to taste and add more lemon juice if needed.

### MAYONNAISE

1 whole egg  
1 egg yolk  
juice of 1 lemon  
2 teaspoons Dijon mustard  
1 clove garlic, crushed  
½ cup canola oil  
¼ cup olive oil  
sea salt and freshly ground pepper

Put the egg, egg yolk, lemon juice, mustard and garlic in a food processor and process until well combined. With the motor running, slowly drizzle in the combined oils to make a thick emulsion. Season well.

### NUOC CHAM

1 long red chilli, thinly sliced  
1 clove garlic, finely chopped  
2 teaspoons caster sugar  
½ cup water  
3 tablespoons fish sauce  
3 tablespoons lime juice

Combine all the ingredients in a bowl.

### PESTO

1 cup packed basil leaves  
3 tablespoons pine nuts, toasted  
2 cloves garlic, crushed  
½ cup olive oil  
⅔ cup freshly grated Parmesan cheese  
sea salt and freshly ground pepper

Place the basil, pine nuts, garlic and olive oil in a food processor and process until smooth. Tip into a bowl and stir in the Parmesan cheese and season. Transfer to a jar and cover with a film of olive oil. Store in the refrigerator. **Makes about 1 cup**

### SALSA VERDE

½ cup packed flat-leaf parsley  
½ cup packed basil leaves  
1 tablespoon capers  
2 anchovy fillets  
1 clove garlic  
1 tablespoon lemon juice  
1 tablespoon Dijon mustard  
¼ cup olive oil

Place the herbs, capers, anchovies, garlic, lemon juice and the mustard in a food processor and blend. Add the oil, season and process again.

### TZATZIKI

1 small telegraph cucumber, lightly peeled  
1½ cups plain, unsweetened Greek yoghurt  
juice of a large lemon  
1 clove garlic, crushed

Cut the cucumber in half lengthways and use a teaspoon to remove the seeds. Grate the cucumber and place in a colander. Sprinkle with salt and leave for ½ hour. Squeeze to remove excess liquid. Combine the cucumber with the other ingredients and season to taste.

### VINAIGRETTE

1 teaspoon Dijon mustard  
1 tablespoon white wine vinegar  
1 clove garlic, crushed  
3 tablespoons olive oil  
sea salt and freshly ground pepper

Put the mustard in a bowl then whisk in the vinegar. Gradually whisk in the oil then season.

## PASTRY

### SHORTCRUST PASTRY

180 grams plain flour  
pinch of salt  
90 grams butter, diced and chilled  
1 egg yolk  
2–3 tablespoons cold water

Put the flour, salt and butter in a food processor and pulse to coarse crumbs. Combine the egg yolk and 2 tablespoons of water and add to the flour. Pulse to process until the dough just starts to come together, only adding the extra water if necessary. *Over-mixing and too much water will make the pastry tough.* Tip onto a large piece of plastic wrap and bring the dough together to form a flat disc. Wrap and chill until firm.

### SWEET SHORTCRUST PASTRY

1½ cups plain flour  
½ teaspoon sea salt  
¾ cup icing sugar, sifted  
110 grams butter, diced and chilled  
1 egg yolk  
2–3 tablespoons chilled water

Put the flour, salt, icing sugar and butter in a food processor and pulse to coarse crumbs. Combine the egg yolk and 2 tablespoons of the water and add, pulsing again until the dough just starts to come together. Add the extra water only if necessary. Tip onto a large piece of plastic wrap and bring the dough together to form a flat disc. Wrap and chill until firm.

## FLAVOURED BUTTERS

*These are great to have on hand for impromptu entertaining and can also be served on grilled steak, chicken or fish, tossed through roasted vegetables, beans or asparagus.*

### FOR EACH RECIPE

150 grams unsalted butter, at room temperature  
sea salt and freshly ground pepper

Mash the butter and flavourings with a fork, or combine in a food processor. Form into a log and wrap well in plastic wrap. Refrigerate for up to two weeks or freeze for up to a month.

### BLACK OLIVE, ANCHOVY AND LEMON

12 black olives, pitted and finely chopped  
6 anchovy fillets, finely chopped  
zest ½ a lemon  
1 clove garlic, crushed

### CAPER AND LEMON

1 tablespoon chopped capers  
2 cloves garlic, crushed  
2 tablespoons chopped flat-leaf parsley  
finely grated zest 1 lemon

### CHILLI, LIME AND CORIANDER

1 whole long red chilli, halved, seeded and finely chopped  
finely grated zest 1 lime  
2 tablespoons chopped coriander

### GINGER, SPRING ONION AND TURMERIC

1 tablespoon fresh ginger  
2 spring onions, finely chopped  
2 cloves garlic, crushed  
½ teaspoon ground turmeric  
2 cloves garlic, crushed

### PARMESAN, BASIL AND GARLIC

30 grams finely grated Parmesan  
½ cup basil leaves, finely chopped  
1–2 cloves garlic, crushed



### ROASTED GARLIC AND CHIVE

10 whole unpeeled cloves garlic, roasted in tinfoil until soft  
2 tablespoons finely chopped chives

### ROASTED RED CAPSICUM

½ roasted capsicum, finely chopped  
few drops Tabasco sauce  
1 clove garlic, crushed

### SMOKED PAPRIKA AND CUMIN

1 teaspoon sweet smoked paprika,  
1 teaspoon cumin seeds, toasted and roughly ground  
1 tablespoon finely chopped flat-leaf parsley

## STOCKS

A good stock is the foundation for many recipes across a wide range of cuisines. A simple risotto can be elevated to another level if a well-flavoured and full-bodied chicken stock is used. Many people feel intimidated by the thought of making their own stocks, but it's simply a large pot filled with bones and vegetables, covered with water and simmered gently for several hours to extract the maximum flavour. Adding spices and infusing different herbs will give you a wide range of flavour bases to use. There are a few rules that apply when making any stocks:



- salt is never added. The reduction process can concentrate the salt and ruin the end result.
- use a tall, narrow, heavy-based pot. This slows evaporation during the long cooking time.
- always start with cold water to extract the most flavour.
- a bare simmer is required to obtain a clear stock with a fresh flavour. A stock that has been boiled will be murky and often taste greasy.
- use fresh vegetables, not the wilted, tasteless ones from the back of the fridge. The end result is only as good as the produce with which you started.
- if your stock tastes a bit thin, strain and simmer it until reduced to concentrate the flavours.

Below are recipes for four basic stocks: chicken, beef, vegetable and fish. But there are many other types of stock that can be made too. Using a ham bone or smoked bacon bones will give a lovely smoky stock, perfect for pea and ham soup.

There are also excellent quality fresh stocks available in the chiller sections of most supermarkets and good food stores. Some have been reduced to a more concentrated form and are great for pan sauces, while others are straight stocks. Check the label before buying. These stocks can be infused in the same manner as a home-made stock.

Shelf stable stocks are great to have on hand in the cupboard and are ideal for taking on holidays and when boating. Do take care when using these stocks for reduction sauces. Some tend to be quite salty and this is concentrated with cooking. Buy packets of reduced salt or salt-free stocks if possible and check that no monosodium glutamate has been used.

## CHICKEN STOCK

*This is a basic, general purpose white stock.*

1½ kilos chicken bones or carcasses  
1 onion, chopped  
1 large carrot, chopped  
1 stick celery, chopped  
1 leek, sliced  
1 bouquet garni (bay, parsley stalks, sprigs of thyme)  
12 whole black peppercorns

Wash the chicken in cold water and drain. Place in a large stock pot along with the remaining ingredients and add enough cold water to cover by 2cm. Bring slowly to a simmer and skim off the scum that comes to the surface. Reduce the heat to maintain a bare simmer and cook for approximately 6 hours, skimming when necessary.

If needed, add extra water to keep the contents covered while cooking.

Strain the stock, discarding the solids and cool rapidly to prevent bacteria from forming. Placing the bowl of stock in an ice bath in the sink is an ideal way to cool it quickly. Cover and refrigerate. The fat will solidify on the surface and is easily scraped off with a spoon. Stock will keep in the fridge for up to 3 days or keep frozen for up to 3 months. When freezing stock, always put it in usable sized portions of 1-2 cups.

## BEEF STOCK

*Known as a 'brown stock' due to the roasting of the bones and vegetables before simmering.*

1½ kilos beef bones, chopped (ask your butcher to cut them into smaller pieces)  
1 onion, quartered  
2 carrots, roughly chopped  
1 leek, thickly sliced  
2 stalks celery, roughly chopped  
1 head of garlic, halved  
1 bouquet garni (bay, parsley stalks, sprigs of thyme)  
2 tablespoons tomato paste  
12 whole black peppercorns  
mushroom trimmings (optional)

Preheat the oven to 200°C.

Place the bones in a large roasting dish and roast for 30 minutes. Add all the vegetables and mix together. Roast for a further 30 minutes or until the bones are well browned. Transfer the bones and vegetables to a large stock pot. Add the remaining ingredients and enough cold water to cover by 2cm. Simmer gently for 6-8 hours, skimming when required. Add extra water when necessary to keep the bones submerged. Strain the stock and discard the solids. Cool rapidly and refrigerate. Remove the fat from the surface and refrigerate for up to 4 days or freeze for up to 3 months.

## FISH STOCK

*Cook fish stock for only 20 minutes.*

*After that the bones start to break down and impart a bitter flavour.*

30 grams butter  
1 onion, sliced  
1 small bay leaf  
6 whole black peppercorns  
a few parsley stalks  
juice of 1 lemon  
1 kilo very fresh white fleshed fish bones, well washed  
2½ litres cold water

Heat the butter in a deep saucepan and add the onion, bay leaf, peppercorns, parsley stalks, lemon juice and fish bones. Cover and cook gently for 5 minutes, taking care not to brown. Add the water and bring to a simmer. Skim and cook gently for 20 minutes. Strain through a damp, muslin-lined sieve and cool quickly. Refrigerate and use within 2 days.

**VEGETABLE STOCK**

*Vegetable stocks can be used in place of chicken stock. Be careful about adding strong vegetables like brussels sprouts, cabbage and broccoli as they can overpower the other flavours and asparagus will turn a stock green.*

olive oil  
1 onion, chopped  
1 leek  
1 carrot  
1 stick of celery  
1 tomato  
3–4 mushrooms  
2 cloves garlic  
2½ litres water  
4 peppercorns  
parsley stalks  
1 bay leaf

Heat a little oil in a large pot and add the vegetables and garlic. Toss, cover and sweat the vegetables over a low heat for about 10 minutes, stirring occasionally so as not to let them scorch. Add the water, peppercorns, parsley stalks and bay leaf. Bring slowly to the boil, skimming as necessary and simmer for 2–3 hours. Cool and strain, pressing down on the vegetables to extract maximum flavour. Refrigerate for 2–3 days or freeze.

**PASTA**

*It is best to purchase special flour for pasta. This flour, made from durum wheat, is described as 'hard' meaning it is high in gluten and will give pasta a good texture and 'bite'.*

300 grams '00' flour  
3 eggs  
½ teaspoon sea salt  
1 tablespoon olive oil

**By hand:** Mound the flour on the bench and make a well in the centre. Put the eggs, salt and oil in the well. Mix the liquid ingredients together with a fork then gradually start to incorporate the flour from the inner rim of the well. Keep pushing the flour up to retain the well shape. When the dough becomes like a thick batter, start mixing the flour and dough together with your hands to form a ball. Knead the dough on a lightly floured bench until smooth and starting to feel elastic, about 4–5 minutes. Wrap in plastic wrap and rest for 30 minutes.

**By machine:** Put the dough ingredients in a mixer with a dough hook attached. When the dough has come together transfer to a clean bench and knead for 5 minutes or until silky and smooth. Cover in plastic wrap and rest for 30 minutes.

Divide the dough into four pieces. Flatten one piece into a rectangle and dust well with flour. Cover the remaining pasta to prevent it drying out. Set the rollers on the pasta machine to the widest setting and pass the dough through. Fold into three and pass through the widest setting again. Repeat this process 4 more times. The dough is now ready to be stretched. Move the rollers to the next setting. Without folding it again, pass the dough, three times through the rollers. Catch the dough with the flat palm so as not to tear it. Move the rollers up a notch and repeat with the pasta until you have reached the desired thickness for the recipe. If the pasta gets too long, cut it in half. Lightly flour the dough between each successive rolling if needed. Cut the pasta as required.

**PIZZA DOUGH**

2 cups plain flour or '00' flour  
1 teaspoon sugar  
1 tablespoon instant dried yeast  
1 teaspoon sea salt  
200ml lukewarm water  
2 tablespoons olive oil

Combine all the dry ingredients in a large bowl. Mix the water and oil together and stir into the flour to make a loose dough. Tip onto a lightly floured bench. Dust hands with flour and bring the dough together then knead for a few minutes until it becomes smooth and elastic (*try not to add extra flour as the dough will become less sticky with kneading*). Form the dough into a smooth ball and place it in a lightly oiled bowl, turning to coat it all over. Cover with plastic wrap and set aside in a warm place until doubled in size, about 1½ hours.

**RISOTTO**

knob of butter  
2 tablespoons olive oil  
1 onion, finely chopped  
2 cloves garlic, crushed  
sea salt and freshly ground pepper  
1 cup risotto rice, such as Arborio  
½ cup white wine  
3–4 cups chicken stock  
small knob butter  
½ cup freshly grated Parmesan cheese

Melt the butter with the oil in a sauté pan over a medium heat. Add the onion and garlic with a pinch of salt and cook until the onion is very tender.

Add the rice, stirring well to coat each grain in the oil. Cook for another minute until the rice is warm (toasted).

Add the wine and stir until most of the liquid has been absorbed. Begin adding the hot stock, a ladle at a time, stirring and allowing the liquid to be absorbed before adding the next quantity. When the risotto is tender to the bite and has a creamy consistency, after about 20 minutes, add the butter and Parmesan and stir to combine. Season well and serve. **Serves 4**

# GLOSSARY

---

**Amaranth:** the tiny, grain-like seed of the amaranth plant. It has a mild, nutty flavour and can be cooked, ground into flour or “popped” like popcorn.

**Arborio rice:** a fat, short-grain Italian rice that is high in starch, essential for a creamy risotto. Available from supermarkets and food stores.

**Blachan or Balachan:** a pungent paste made from dried and fermented shrimp, sardines and other small fish that is salted, mashed and formed into cakes. It is used to flavour many dishes in South East Asia. Available at Asian supermarkets.

**Black sesame seeds:** unhulled sesame seeds are available at Indian and Asian food stores.

**Black rice vinegar:** an aged Chinese vinegar, usually made from glutinous black rice as well as other grains like wheat, millet and sorghum.

**Bocconcini:** small balls of fresh mozzarella that come stored in whey. Drain before serving. Available in good supermarkets and specialty food stores.

**Bouquet garni:** a small bunch of fresh thyme, bay leaf and parsley stalks tied with string (for easy removal later), and used to flavour soups and stews. Or you can wrap dried herbs in a square of muslin. Dried versions are available at supermarkets.

**Brioche:** yeasted bread enriched with eggs and butter. It is most commonly available from specialist French-style bakeries.

**Buckwheat flour:** flour made from buckwheat, an ancient grain. Used commonly in soba noodles, Russian blini and French galettes.

**Burghul (also known as bulgur or bulghur):** a wholewheat grain that is cooked, dried and then cracked. Available from some supermarkets, specialty and health food stores.

**Buttermilk:** traditionally, the slightly sour by-product of butter making. Now made commercially, it is readily available in the dairy section of good supermarkets.

**Calasparra rice:** a short grain Spanish rice used traditionally for the famous Valencian dish of paella. Although similar to Italian Arborio rice, the Spanish do not stir the rice while it is cooking, instead allowing it to develop a delicious crust on the base. It is available in different grades, the best being Bomba.

**Calvados:** an apple brandy from the French region of Lower Normandy. Available from good liquor retailers.

**Cazuela:** a traditional Spanish cooking vessel made from terracotta. Available from specialty food and homeware stores.

**Char Siu sauce:** also known as Chinese barbecue sauce. Readily available at Asian grocery stores.

**Chickpea flour (also called besan, gram, ceci, chana or garbanzo bean flour):** available from good supermarkets, food stores and health food shops.

**Chinese five-spice:** a traditional blend of five or more spices including star anise, cinnamon, cloves, Szechuan pepper and fennel. Other additions may be ginger or liquorice root.

**Consommé:** meat or fish stock clarified with egg whites and finely chopped vegetables to give a crystal-clear liquid.

**Court bouillon:** an aromatic stock used for poaching fish, shellfish, vegetables and sweetbreads. Wine, lemon juice, vinegar, herbs etc are used to add flavour.

**Crème de cassis:** a liqueur made from blackcurrants. Substitute with blackcurrant concentrate.

**Crème fraîche:** a matured, thickened cream that is slightly soured. It can be added to hot sauces or soups without the risk of curdling, but is also delicious served with puddings.

**Dashi:** a soup stock made from dried bonito tuna flakes, dried kelp and water, used often in Japanese cookery. Most commonly available in powdered form. Available in the international section of supermarkets and at Asian food stores.

**Demerara sugar:** unrefined golden, raw sugar. Available from supermarkets.

**Dukkah:** a Middle Eastern mix of coarsely ground sesame seeds, nuts, salt and spices such as coriander and cumin.

**Dutch cocoa:** this richer, darker cocoa has an alkali added, which neutralises the cocoa's acidity. The process is known as ‘dutching’. Available from specialty stores.

**Edamame beans:** Japanese soy beans. These beans are available frozen either in the pod or out, from Asian stores and some supermarkets.

**Farro:** an ancient grain, a precursor to wheat as we know it today. Slightly chewy with a nutty flavour. Available from health food stores, some supermarkets and specialty food stores.

**Freekeh:** (pronounced 'FREE-kuh') made from young durum wheat (the wheat most widely used in Italian pasta), which is smoked or roasted then polished to remove the tough outer, before the kernel is cracked.

**Filo pastry (also spelt phyllo):** a type of paper thin pastry from the Eastern Mediterranean. It is used for sweet and savoury dishes and is readily available fresh from the supermarket. It is important to keep it covered while in use as it dries out quickly when exposed to the air.

**Fish roe:** the egg mass of a fish, available raw or smoked.

**Gai larn (Chinese broccoli):** has dark green leaves, stout stems and small white flowers. It is available at Asian green grocers and most supermarkets.

**Galangal:** a rhizome resembling ginger, galangal is an essential ingredient in South East Asian dishes. It can be found fresh at some Asian markets and is available frozen, dried or bottled from Asian food stores.

**Garam Masala:** a hot spice mix common in North Indian cuisine. It typically includes turmeric, black and white peppercorns, cloves, cinnamon, cumin and cardamom. Available in the spice section of supermarkets or at Asian food stores.

---

**Ghee:** a type of clarified butter used in Indian and other South Asian cooking. Clarified butter is unsalted butter with the milk solids and water removed. This leaves pure butterfat, which has a high smoke point. Ghee is available from Indian food stores and specialty food stores.

**Glutinous rice:** a short grain rice that sticks together when cooked.

**Haloumi:** a white, salty cheese originating from Cyprus and traditionally made using sheep and goat's milk. It has a unique high melting point, making it perfect for grilling or frying. It is best eaten straight away as if it is left to get cold it toughens and becomes rubbery.

**Harissa:** a fiery hot sauce from North Africa which is made from chilli, garlic, cumin, coriander and caraway. Available from food stores and some supermarkets.

**Herbes de Provence:** a traditional blend of aromatic herbs from southern France. There are many variations and some include orange zest and lavender. Use when roasting chicken, lamb, potatoes, tomatoes, or a tray of mixed vegetables. Sprinkle over fish or salmon before sautéing. Buy from good food stores or make your own with 3 tablespoons each of dried marjoram, thyme and rosemary, 1 teaspoon of dried tarragon and oregano and 1 teaspoon of ground fennel seeds. Combine and store in an airtight jar.

**Hoisin:** a Chinese sauce made from soy beans, plums and flavoured with salt, garlic and 5-spice. Available from supermarkets.

**Jalapeño chillies:** Mexican chilli with a rounded end; dark green or bright red (when ripe). It ranges from hot to very hot so remove the seeds and veins to reduce the heat when using. When dried they are called 'chipotles'.

**Jerusalem artichokes:** this autumn/winter vegetable is neither an artichoke nor is it from Jerusalem, instead it is native to North America. When buying Jerusalem artichokes look for firm tubers with as few bumps and lumps as possible, which makes peeling them easier. Store somewhere cool and dark, as you would potatoes.

**Juniper berries:** an astringent blue-black berry from the juniper tree, they are sold dried and used as a flavouring for meat and game dishes. Also an integral ingredient in gin. Available from specialty food stores but may also be found in health food stores.

**Jus:** the natural meat juices that occur during the cooking process, usually roasting. These are served unthickened, with any excess fat skimmed off, to accompany the meat.

**Kecap/Ketjap Manis:** (pronounced 'Ketchup MAH-niss') a sweetish, thick soy sauce made with palm sugar and seasoned with star anise and garlic. A popular ingredient for Indonesian cooking, it is used as a condiment or substitute for dark soy sauce. Available from supermarkets.

**Labne:** a thick, strained yoghurt. It can be formed into small balls and rolled in herbs, spices or nuts or drizzled with honey and served with fruit as a dessert.

**Lap Cheong:** a dried, smoked highly seasoned sausage made from pork.

**Leaf gelatine:** sets a much clearer gel than its powdered equivalent. It comes in varying grades. Silver grade will give a firmer set than gold, so it is best to check the grade upon purchase. Available from specialty stores. See Kitchen Notes on page 141 for more on how to use it.

**Lotus leaves:** the large leaf of a water lily used to wrap sweet and savoury mixtures.

**Marsala:** a fortified wine from Sicily. Dry Marsala can be drunk as an aperitif or added to savoury dishes. The sweet version is used in cooking, such as in the classic dessert, Zabaglione.

**Mascarpone:** a fresh cheese from Italy made from double cream. Mascarpone is readily available in supermarkets.

**Masur Dhal (also known as masoor dal):** a split red lentil, available at good supermarkets and Asian food stores.

**Medjool dates:** chewy, fleshy sweet dates. Available in the fresh produce section of supermarkets.

**Mirin:** a Japanese rice wine used to add mild sweetness to dishes. Generally available in the international section of supermarkets.

**Miso:** a thick paste made most commonly from fermenting soy beans, salt and a fungus called 'koji-kin'. The different shades denote aging and saltiness, (the darker ones have been aged longer and are therefore saltier). Miso is available from Japanese food stores, health food stores and good supermarkets. Keep leftover miso paste in a sealed container in the freezer. It doesn't freeze into a solid block, which makes it easy to take out the required amount.

**Moghrabiah or Lebanese couscous:** consists of small balls that have been toasted. It cooks slowly (taking about 25–30 minutes) and is best for soups or stews where it turns into pea-sized dumplings. Israeli couscous is similar but smaller in size. Available from good food stores.

**Muscovado sugar:** An unrefined or partially-refined brown sugar with a high molasses content. It is dark brown, moist and has a strong molasses flavour. It comes in both light and dark varieties.

**Nanami togarashi:** a Japanese chilli pepper seasoning comprising seven spices, usually two hot and five aromatic, such as black and white sesame seeds, Japanese pepper, ginger, seaweed, orange peel and chilli. Available from Asian food stores and some supermarkets.

**Orecchiette:** a type of pasta from Puglia, shaped like a small ear (in Italian "ear" is "orecchio"). Each one is about 2cm and looks like a small white dome with a thinner centre than edge and a rough surface.

**Orzo pasta:** originating from Greece, orzo is a small rice-shaped pasta commonly used in soups, salads, or as an alternative to rice. Available from specialty food stores and good supermarkets.

**Palm sugar (also known as Gur, Jaggery, Gula Melaka):** is derived from several different palm trees, including the palmrya and coconut palms. The sap of the palm is boiled down and the result can be either similar to a thick honey, a soft paste or a hard cake, which is then grated or shaved.

These cakes come in different shapes and sizes and the colour can vary from pale to dark. The flavour is quite caramelly and can be substituted with equal parts of brown sugar and maple syrup. Available from Asian food stores and some supermarkets.

**Pancetta:** Italian bacon made only from the belly, which is cured with salt, pepper, and other spices, but is not smoked.

**Paneer:** the Indian version of cottage cheese. It is made in large blocks and is very different from the soft curd cottage cheese available at the supermarket. Paneer is cut into cubes or slices for cooking and readily absorbs flavours from other ingredients used in the dish. It is available from Indian and Asian food stores, good supermarkets and specialty food stores.

**Panko crumbs:** these flakey Japanese dried bread crumbs create a deliciously crunchy crust. They are readily available from Asian food stores and good supermarkets.

**Pappardelle:** a wide ribbon pasta usually made with eggs and hard durum wheat flour. Available from specialty food stores and good supermarkets.

**Pedro Ximenez:** (also known as PX) is a rich, sweet dessert wine from Spain. Available from liquor stores and some specialty food stores.

**Pomegranate molasses:** a thick syrup produced by cooking down pomegranate juice. It is a slightly astringent, sweet-sour condiment used widely throughout the Eastern Mediterranean.

**Poussin:** a small, immature chicken, four to six weeks old, sometimes called a spring chicken, and weighing 400–500 grams. Available from good butchers.

**Preserved lemons:** lemons preserved in salt and lemon juice, sometimes with spices such as cinnamon, and bay leaf. Only the rind is used, the flesh is scraped away and discarded.

**Puy lentils:** these small slate-green lentils have a delicate blue marbling. They are considered by many to be the best lentil because of their unique peppery flavour

and the fact they hold their shape during cooking. They're the only lentil to be identified by area of cultivation, grown in the Le Puy region of France.

**Quinoa:** (pronounced 'KEEN-wah'), this ancient grain native to the Americas is dubbed a super grain as it's considered a complete protein. When cooked it expands to four times its volume. With a delicate flavour it can be used in sweet and savoury dishes and eaten hot or cold. White quinoa is most common, but red and black are also available. Available from good supermarkets, health food and specialty food stores.

**Quince paste:** quince cooked for a long time with sugar until it forms a thick paste, which sets firm on cooling. Slice and serve with cheese or use to flavour sauces for rich meat dishes. Quince paste that is a deep, dark red will have the best flavour.

**Ras al Hanout:** a Moroccan spice mix, which loosely translates as 'house blend'. Made up of numerous spices and aromatics such as cinnamon, cardamom, fennel, coriander, cumin, chilli. The chilli content varies between mixes, so quantities will depend on how spicy you want the finished dish to taste. Available from good supermarkets and food stores.

**Rosewater:** an intense, concentrated distillation of rose petals used as a flavouring in cakes, pastries and desserts.

**Saké:** a Japanese liquor brewed from fermented rice. Like whiskey, saké varies in quality, taste and style. Available from Japanese grocery and some liquor stores.

**Sambal Oelek:** a simple chilli paste made from chilli, vinegar and salt. It is readily available at supermarkets and Asian food stores.

**Shaoxing cooking wine:** (pronounced SHAU-sing), this Chinese wine for cooking is derived from glutinous rice. The flavour enriches braised dishes and marinades. Available from Asian food stores.

**Shiitake mushrooms:** available fresh or dried. Dried shiitake, which have a more pronounced flavouring, need to be reconstituted in warm water for 20 minutes before using.

**Sicilian oregano:** in Sicily oregano is left to flower and then to dry naturally on the hillsides under the heat of the sun. It has an intensity of flavour rarely found in other types of dried oregano. Available in its whole form from specialty food stores.

**Silken tofu (also soft tofu):** undrained tofu, made from pressing the curds of fermented soy milk, and with the highest moisture content of all fresh tofus. Available from Asian food stores and good supermarkets.

**Sweet smoked paprika:** made from sweet pimientos smoked slowly over fire then ground to produce an intense paprika.

**Sumac:** the dried, crushed red berry of the sumac bush, this 'spice' has a sour, lemony flavour. Used widely in Middle Eastern cuisine.

**Szechuan pepper (also known as Sichuan or Szechwan pepper):** the dried berry of a prickly ash tree, Szechuan pepper is a mildly hot spice with a distinctive flavour and a slightly numbing effect in the mouth if used in large quantities. Available from Asian food stores.

**Tamarind concentrate:** made by soaking dried tamarind pods in water then passing through a sieve to obtain a pulp. You can make it yourself easily from block tamarind or buy the concentrate ready-made in a jar. The flavour is sour-sweet. Used in Asian and Middle Eastern dishes in the same way lemon juice is used in Western cooking. Pods and concentrate are readily available from Asian grocery stores and good supermarkets.

**Tofu:** a high protein low fat food made from soy beans, tofu is sold either in a soft or firm state, pickled, dried or fresh-pressed being the firmest. The skin that forms when the soy beans are heated are called tofu skins, which are lifted off, dried and sold separately. Often sold as packets which can be filled with a variety of salad ingredients.

**Tomato passata (passata di pomodoro):** tomatoes that have been puréed and sieved to remove the seeds. Readily available in supermarkets and specialty stores.

**Wasabi:** a pale green root from the brassicaceae family, with a fierce flavour similar to horseradish. Usually sold as a powder or as a ready-to-use paste.

# KITCHEN NOTES

## Notes for cooks

To ensure successful results in cooking, we recommend you invest in accurate measuring tools – measuring cups and spoons and a measuring jug are essential and electronic scales are particularly useful as they weigh accurately in both imperial and metric. Always follow one set of measures in a recipe. Do not mix them up.

### DISH USES:

- A fan forced oven unless otherwise specified
- Large eggs (No.7)
- Level spoons and cup measurements
- Liquids are always measured in a jug and dry ingredients in measuring cups.

**NB:** One tablespoon is 15ml (the Australian tablespoon is 20ml)

## Useful ingredient equivalents

### BREADCRUMBS

1 cup fresh = 50 grams  
1 cup dried = 115 grams

### BUTTER

1 (American) stick = 100 grams  
1 cup = 225 grams  
2 tablespoons = 30 grams

### CHEESE

1 cup grated tasty = 115 grams  
1 cup Parmesan = 150 grams

### EGG WHITES

Large (No. 7) egg white = 30 grams

### FLOUR

1 level measuring cup = 150 grams

### GELATINE

3 teaspoons granulated/3 leaves (gold grade) will set 500mls/2 cups liquid to a light jelly.  
1 rounded tablespoon granulated/4–5 leaves (gold grade) will set 500mls/2 cups liquid to a firm jelly. Leaf gelatine comes in varying grades. It is wise to check the setting properties of the leaf gelatine you buy before use.

### HONEY, GOLDEN SYRUP

1 cup = 350 grams

### ONIONS

1 x 115 gram onion = 1 cup chopped

### RICE

1 cup uncooked rice = 200 grams  
1 cup cooked = 165 grams

### SUGAR

1 cup caster and granulated = 225 grams  
1 cup brown sugar = 200 grams  
1 cup icing sugar = 125 grams

### SPINACH

650 grams spinach leaves =  $\frac{3}{4}$  cup purée

### YEAST

2 tablespoons fresh (compressed)  
= 1 tablespoon dried (granulated)

### OVEN TEMPERATURES

225° Fahrenheit = 110° Celsius = cool oven  
300° Fahrenheit = 150° Celsius = very low oven  
350° Fahrenheit = 180° Celsius = moderate oven  
400° Fahrenheit = 200° Celsius = hot oven  
450° Fahrenheit = 230° Celsius = very hot oven

### VOLUME

1 level teaspoon = 5mls  
1 level tablespoon = 15mls  
1 oz/fl oz = 28.35 grams/mls  
1 pound = 450 grams  
1 cup liquid = 250mls  
1 pint = 600mls  
1 litre = 1000mls

### WEIGHT

10 grams =  $\frac{1}{4}$ oz  
15 grams =  $\frac{1}{2}$ oz  
25 grams = 1oz (actual 28.35 grams)  
450 grams = 1 pound  
1 kilogram = 2 $\frac{1}{4}$  pounds

### LENGTH

1cm =  $\frac{1}{2}$  inch  
2.5cm = 1 inch  
12cm = 4 $\frac{1}{2}$  inches  
20cm = 8 inches  
24cm = 9 $\frac{1}{2}$  inches  
30cm = 12 inches

## Useful techniques

**Bake blind:** line a prepared pastry case with baking paper and fill with pie weights or dried beans. The beans support the pastry as it cooks. Bake in a preheated 190°C–200°C oven for up to 20 minutes before removing the paper and weights. The shell should now have taken form.

Return to the oven for the time specified in the recipe.

**Braise:** a method of slow cooking meat where the meat is first browned and then cooked with liquid in a covered casserole at a low temperature until it is meltingly tender.

**Brine:** this produces succulent, juicy meat and helps keep it moist during cooking. A variety of herbs and spices can be added for flavour, and beer and cider are sometimes used. Put  $\frac{1}{4}$  cup of sea salt,  $\frac{1}{3}$  cup brown sugar, 2 bay leaves and 1 cup of water in a saucepan. Bring to the boil, stirring to dissolve the salt and sugar. Cool. Put the poultry or pork in a container large enough that it can be submerged in brine. Pour in the brine, adding enough cold water to totally cover it. Put a plate on top to keep it under the brine. Cover and refrigerate for at least two hours and up to 12 hours.

**Julienne:** this term refers to food, often vegetables, sliced into thin matchsticks. This is most easily done using a mandolin but can also be done by hand. First cut into 3mm ( $\frac{1}{8}$ -inch) thick slices. Stack the slices and cut into 3mm ( $\frac{1}{8}$ -inch) thick strips. Cut into desired length.

**Reduce:** to boil a liquid (often stock, wine or a sauce) rapidly until the volume is reduced by evaporation, thereby thickening the consistency and intensifying the flavour.

**Roast capsicums:** place the capsicum on a tray and roast in a preheated 200°C oven until tender but not collapsing. When cool, peel and remove the seeds.

**Roast nuts:** spread the nuts out in a single layer on a shallow baking pan and place in a preheated 180°C oven. Shake the pan every few minutes until the nuts are golden. Watch carefully as the nuts can become too brown very quickly. Remove and tip into another dish to cool.

**Toast and grind seeds and spices:** heat a small dry pan over a medium heat. Add the spice and toss until fragrant and just starting to darken in colour. *Be very careful not to burn as this will make them bitter.* Toast one spice at a time rather than combining, as each spice will take a different time to toast. Tip out onto a plate and cool. Grind using a mortar and pestle or a small coffee grinder, reserved for the purpose.



# New-look DISH WEBSITE!



The *Dish* website has an exciting new look. Not only will you find your favourite content, from Green Mondays to Friday Baking and more, for the first time you will now be able to access recipes from the *Dish* back catalogue – over 3000 of your favourite recipes from current and past issues!

[www.dish.co.nz](http://www.dish.co.nz)

# RECIPE INDEX

---

## Mains

---

### BEEF

Asian Glazed Steak and Rice	91
Barbecued Rump Steak with Chimichurri Sauce	97
Beef and Salad Wraps with Ginger and Chilli Dressing	81
Beef and Smoked Cheddar Burger	85
Beef Kebabs with Coconut Relish	87
Beef Salad with Palm Sugar Dressing	83
Greek Flatbreads with Caramelized Onions, Beef and Green Olives	97
Green Olive, Beef and Cherry Tomato Pasta	83
Hotdogs with Caraway and Pale Ale Onions	94
Mince on Toast	89

Rump Steak with Potato and Herb Salad	94
Rump Steak with Raw Beetroot, Red Cabbage and Lentil Salad	87
Scotch Fillet Steaks with Mozzarella and Avocado Salad	87
Steak and Green Salsa Tacos	94

### CHICKEN AND DUCK

5 Spice Duck with Noodles, Mushrooms and Asian Greens	57
Braised Chicken with Lemon and Oregano Potatoes	57
Chicken Puttanesca	51

Chicken with Mushrooms and Tarragon	60
-------------------------------------	----

Chicken with Mushrooms, Bacon and Tomatoes	47
--	----

Falafel Chicken Schnitzel (gf)	55
--------------------------------	----

Freekeh, Smoked Chicken and Artichoke Salad	55
---	----

Kung Pao Chicken	49
------------------	----

Lemon and Basil Chicken with String Beans and Zucchini	51
--	----

Quick Thai Poached Chicken Salad	59
----------------------------------	----

Quinoa Salad and Moroccan Chicken	53
-----------------------------------	----

Smoked Chicken, Mango and Avocado Salad	49
---	----

Spice-Roasted Chicken with Cucumber Salad	47
---	----

Spiced Chicken Skewers with Green Beans	60
---	----

### LAMB

Cajun Lamb Meatballs with White Beans	79
---------------------------------------	----

Lamb Cutlets with Sicilian Salsa, Broccolini and Borlotti Beans	79
---	----

Lamb Ragu with Penne Pasta	73
----------------------------	----

Lamb Rump with Roasted Carrot and Mint Salad	81
--	----

Lamb Steaks with Eggplant and Chickpea Salad	81
--	----

Lamb Steaks with Roasted Capsicum Piri Piri Salsa	77
---	----

Merguez Sausage and Green Olive Tagine	73
--	----

Quick Lamb Kofta Curry	75
------------------------	----

Tandoori Lamb with Coconut Rice	77
---------------------------------	----

### PORK

Cheesy Herb Pork Schnitzel	71
----------------------------	----

Chorizo and Broad Bean Risotto	63
--------------------------------	----

Florentine Pork Chops	66
-----------------------	----

Italian Sausage, Broccoli and Pea Frittata	65
--	----

Pork Fillet with Kumara and Almond, Paprika and Parsley Dressing	66
--	----

Pork Steaks with Apples, Cider and Mustard	69
--	----

Pork Stir-Fry with Oyster Sauce, Tomatoes and Cashew Nuts	69
---	----

Stir Fried Pork with Peanuts and Mushrooms	70
--	----

Tuscan Pork in Crispy Baguette	63
--------------------------------	----

### SEAFOOD

Baked Prawns with Lemon and Feta	99
----------------------------------	----

Fish, Chickpea and Green Olive Tagine	111
---------------------------------------	-----

Ginger and Caramel Salmon with Asian Greens	107
---	-----

Hoisin-Glazed Fish with Shiitake Mushrooms and Egg Noodles	99
--	----

Lemongrass and White Fish Kofta with Asian Green Salad	109
--	-----

Pan-Fried Fish with Fennel, Caper and Lemon Cream Sauce	109
---	-----

Pea, Feta and Prawn Frittata	99
------------------------------	----

Sesame Salmon with Green Tea Rice	105
Smoked Salmon, Avocado and Caper Flatbreads	107
Spiced Fish on Lentil and Herb Salad	111
Spicy Crumbed Fish with Coleslaw and Warm Tortillas	101
Steamed Fish and Couscous Parcels	103
Thai Green Curry Salmon 'Burgers'	107
Tray-Baked Provençal Fish and Potatoes	113
Tray-Baked Seafood with White Beans and Capsicum	103
Tumeric Fish Banh Mi with Quick Pickles	113
White Bean and Tuna Hummus with Soft Eggs	109

## VEGETARIAN

Amaranth, Red Quinoa and Pumpkin Salad	121
Green Bean and Buckwheat Salad with Goat's Cheese Toasts	118
Lemon, Rocket and Ricotta Risotto with Roasted Hazelnuts	115
Middle Eastern Yoghurt Flatbread with Silverbeet and Ricotta	121
Mixed Salad Plate	117
Moroccan Chickpea, Beetroot and Mint Burgers	115
Mushroom, Silverbeet and Feta Frittata	118
Paneer with Tomato, Cashew Nut and Onion Gravy	123
Pea, Broccoli and Feta Frittatas	123

## SOUP

Chicken, Spinach and Leek Soup with Shaved Parmesan	19
Chickpea and Rosemary Soup with Sizzled Chorizo	29
Fish Soup with Roasted Tomatoes, Paprika and Oregano	25
Grilled Cheese, Onion and Ale Soup	21
Harira	19
Pork and Prawn Wonton Soup	25
Pumpkin and Smoked Paprika Soup with Prawns, Preserved Lemons and Toasted Almonds	23
Spinach, Pea and Pesto Soup with Parmesan French Toast	19
Summer Minestrone with Garlic Prawns	30
White Root Vegetable Soup with Walnuts and Goat's Cheese	23
Winter Vegetable Soup with Sizzled Sausages	29
Zucchini, Sweet Corn, and Basil Soup	30

## SIDES

Asparagus and Leek Salad	35
Cauliflower, Kale and Mint Tabbouleh with Savoury Granola Clusters	35
Cheesy Mushroom, Spring Onion and Garlic Bread	39
Fennel, Leek and Potato Gratin	42
Glazed Carrots with White Bean and Feta Purée	37
Green Bean and Potato Salad with	

Capers, Basil and Pine Nuts	42
Green Beans with Chilli and Coconut	41
Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing	39
New Potato, Soft Boiled Egg and Crispy Bacon Salad	41
Roasted Brussels Sprouts, Mustard Dressing and Almond Gremolata	35
Tomato, Fennel and Mozzarella Salad with Herb Dressing	37

## DESSERT

Apple Pie Tray Bake	129
Crispy Coconut-Coated Bananas	133
Fudgy Chocolate Pots with Blueberries	133
Mango and Lime Fools	131
Molten Chocolate and Raspberry Puddings	131
Orange and Golden Syrup Upside Down Puddings	127
Pear and Chocolate Croissant Pudding	129
Quick Raspberry and Nectarine Frozen Yoghurt	131
Raspberry Yoghurt Parfaits with Passionfruit Curd	131
Roasted Rhubarb and Strawberries with Orange and Balsamic Vinegar	127



**RECIPE INDEX ONLINE**  
Get the full recipe indexes from Dish 1-57 online at [www.dish.co.nz](http://www.dish.co.nz)

  
THE  
**Kings Series**  
MARLBOROUGH • NEW ZEALAND



"When I went in search of my ancestry I never expected to uncover a story on medieval intrigue. But there they were: the de Marisco family lived on Lundy Island in the Bristol Channel in the 12th and 13th centuries. They fell in and out of favour with the English monarchy and it's this family history that inspired The Kings Series. I hope you enjoy discovering each wine – and the food matches we've made for them – as much as I enjoyed creating them."

*Brent Marrio*

  
**MARISCO**  
VINEYARDS  
MARLBOROUGH • NEW ZEALAND

## *The King's Favour Sauvignon Blanc*

In 1204, despite using Lundy Island as a base for piracy, William de Marisco was strangely appointed in charge of a number of Royal Galleys – whose very purpose was to defend against such piracy. Surprising evidence of the King's favour.

Enjoying the best of food and wine together – and in the company of family and friends – is one of life's great pleasures. Freshly-shucked oysters topped with spicy tomato granita are a treat to share, and an exquisite match with The King's Favour Sauvignon Blanc.



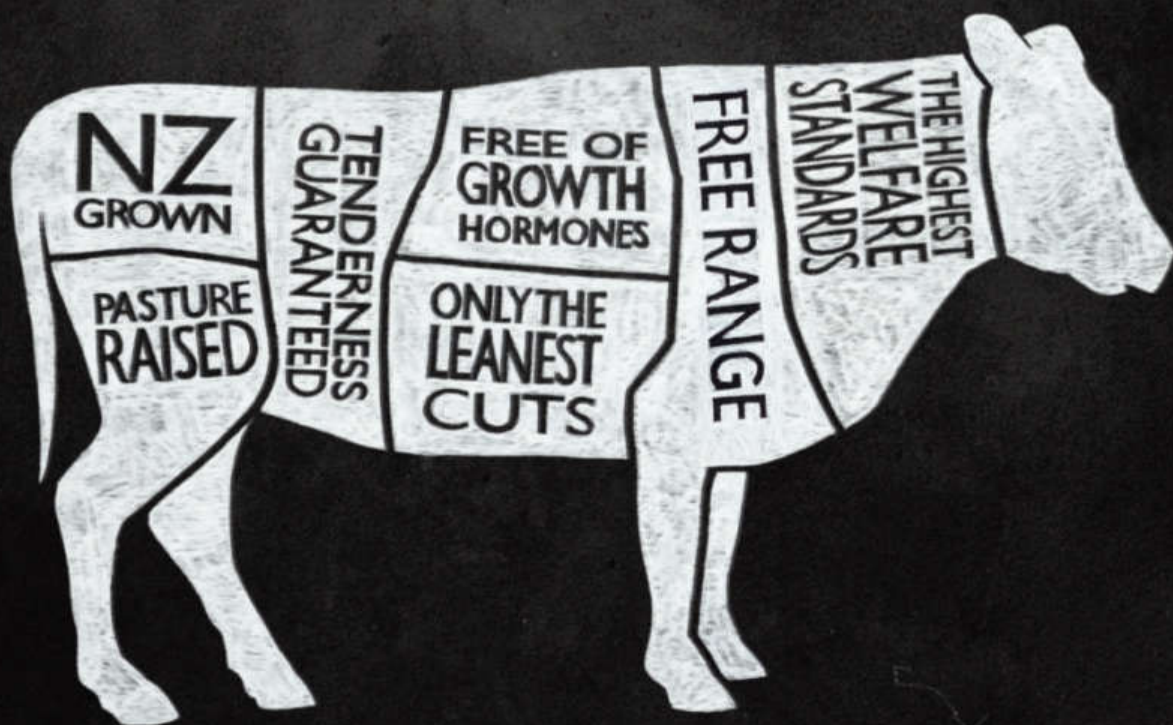
Spiced Tomato Granita.  
Visit [www.thekingsseries.co.nz](http://www.thekingsseries.co.nz)  
for the recipe.

[www.thekingsseries.co.nz](http://www.thekingsseries.co.nz)

Become part of our story – join us on Facebook  Marisco Vineyards



TOUGH STANDARDS.  
TENDER RESULTS.



RECIPES.CO.NZ

TO BE CONFIDENT YOU'RE BUYING THE VERY BEST NEW ZEALAND HAS TO OFFER, LOOK FOR THE NEW ZEALAND BEEF AND LAMB QUALITY MARK.